



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Patrick Peter

Number: 327

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:58:54

Speed: 8.05 km/h

Running performance: 7:11 min/km

Rank in course/Total: 336 (of 433)

Rank in course/Men: 283 (of 351)

Best time in course: 1:34:20

Rank in category: 44(of 53)

Best time in the category: 1:40:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	33:11	8:05	49	14:41	324	16:35	4.10	33:11	8:05	49	14:41	324	16:35
Plessenburg	2.40	17:56	7:28	49	8:06	309	8:47	6.50	51:07	7:51	49	22:47	319	25:22
Oehrenfeld	3.40	20:29	6:01	49	8:37	316	9:34	9.90	1:11:36	7:13	49	31:24	319	34:56
Ilsestein	4.80	37:28	7:48	44	16:01	273	27:37	14.70	1:49:04	7:25	48	47:25	303	52:29
Plessenburg	2.30	18:16	7:56	43	8:07	255	8:38	17.00	2:07:20	7:29	47	55:32	295	1:01:07
Oehrenfeld	3.40	20:25	6:00	42	8:17	275	9:04	20.40	2:27:45	7:14	45	1:03:49	288	1:10:11
Ilseburg/Markt	4.50	31:09	6:55	43	14:06	268	14:23	24.90	2:58:54	7:11	44	1:17:55	283	1:24:34