



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tino Laue

Number: 268

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 3:06:27

Speed: 7.72 km/h
Running performance: 7:29 min/km

Rank in course/Total: 364 (of 433)

Rank in course/Men: 301 (of 351)

Best time in course: 1:34:20

Rank in category: 48(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:38	7:13	44	11:08	263	13:02	4.10	29:38	7:13	44	11:08	263	13:02
Plessenburg	2.40	16:10	6:44	43	6:20	246	7:01	6.50	45:48	7:02	44	17:28	261	20:03
Oehrenfeld	3.40	19:08	5:37	44	7:16	270	8:13	9.90	1:04:56	6:33	44	24:44	264	28:16
Ilsestein	4.80	39:57	8:19	48	18:30	307	30:06	14.70	1:44:53	7:08	46	43:14	287	48:18
Plessenburg	2.30	20:08	8:45	46	9:59	294	10:30	17.00	2:05:01	7:21	45	53:13	285	58:48
Oehrenfeld	3.40	24:58	7:20	51	12:50	332	13:37	20.40	2:29:59	7:21	46	1:06:03	295	1:12:25
Ilseburg/Markt	4.50	36:28	8:06	50	19:25	324	19:42	24.90	3:06:27	7:29	48	1:25:28	301	1:32:07