



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stefan Lippel

Number: 279

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: 365 (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	29:39	7:13	45	11:09	264	13:03	4.10	29:39	7:13	45	11:09	264	13:03
Plessenburg	2.40	16:54	7:02	46	7:04	279	7:45	6.50	46:33	7:09	47	18:13	273	20:48
Oehrenfeld	3.40	18:56	5:34	43	7:04	261	8:01	9.90	1:05:29	6:36	45	25:17	271	28:49
Ilsestein	4.80	38:39	8:03	45	17:12	286	28:48	14.70	1:44:08	7:05	44	42:29	281	47:33
Plessenburg	2.30	20:12	8:46	47	10:03	296	10:34	17.00	2:04:20	7:18	44	52:32	281	58:07
Oehrenfeld	3.40	23:20	6:51	48	11:12	317	11:59	20.40	2:27:40	7:14	44	1:03:44	287	1:10:06
Ilseburg/Markt	4.50	38:47	8:37	52	21:44	334	22:01	24.90	3:06:27	7:29	48	1:25:28	301	1:32:07