



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

André Bergmann

Number: 44

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 3:15:42

Speed: 7.36 km/h

Running performance: 7:51 min/km

Rank in course/Total: 396 (of 433)

Rank in course/Men: 327 (of 351)

Best time in course: 1:34:20

Rank in category: 51(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	35:44	8:42	51	17:14	340	19:08	4.10	35:44	8:42	51	17:14	340	19:08
Plessenburg	2.40	18:09	7:33	50	8:19	314	9:00	6.50	53:53	8:17	51	25:33	335	28:08
Oehrenfeld	3.40	20:08	5:55	48	8:16	309	9:13	9.90	1:14:01	7:28	50	33:49	329	37:21
Ilsestein	4.80	43:05	8:58	51	21:38	335	33:14	14.70	1:57:06	7:57	51	55:27	333	1:00:31
Plessenburg	2.30	21:32	9:21	51	11:23	325	11:54	17.00	2:18:38	8:09	52	1:06:50	333	1:12:25
Oehrenfeld	3.40	21:12	6:14	45	9:04	284	9:51	20.40	2:39:50	7:50	51	1:15:54	325	1:22:16
Ilseburg/Markt	4.50	35:52	7:58	49	18:49	319	19:06	24.90	3:15:42	7:51	51	1:34:43	327	1:41:22