



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Christoph Kraus

Number: 250

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 3:52:31

Speed: 6.19 km/h  
Running performance: 9:20 min/km

Rank in course/Total: 427 (of 433)

Rank in course/Men: 347 (of 351)

Best time in course: 1:34:20

Rank in category: 53(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	38:15	9:19	53	19:45	350	21:39	4.10	38:15	9:19	53	19:45	350	21:39
Plessenburg	2.40	20:26	8:30	53	10:36	346	11:17	6.50	58:41	9:01	53	30:21	350	32:56
Oehrenfeld	3.40	27:10	7:59	53	15:18	350	16:15	9.90	1:25:51	8:40	53	45:39	350	49:11
Ilsestein	4.80	46:42	9:43	53	25:15	344	36:51	14.70	2:12:33	9:01	53	1:10:54	350	1:15:58
Plessenburg	2.30	26:47	11:38	53	16:38	345	17:09	17.00	2:39:20	9:22	53	1:27:32	347	1:33:07
Oehrenfeld	3.40	34:45	10:13	53	22:37	346	23:24	20.40	3:14:05	9:30	53	1:50:09	347	1:56:31
Ilseburg/Markt	4.50	38:26	8:32	51	21:23	332	21:40	24.90	3:52:31	9:20	53	2:11:32	347	2:18:11