



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Hennig

Number: 186

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 1:56:08

Speed: 12.40 km/h

Running performance: 4:39 min/km

Rank in course/Total: 22 (of 433)

Rank in course/Men: 21 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 43)

Best time in the category: 1:51:51

| 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 | 19:46 | 4:49 | 2 | 0:16 | 17 | 3:10 | 4.10 | 19:46 | 4:49 | 2 | 0:16 | 17 | 3:10 |
| Plessenburg | 2.40 | 10:46 | 4:29 | 2 | 0:01 | 15 | 1:37 | 6.50 | 30:32 | 4:41 | 2 | 0:17 | 16 | 4:47 |
| Oehrenfeld | 3.40 | 12:40 | 3:43 | 2 | 0:16 | 15 | 1:45 | 9.90 | 43:12 | 4:21 | 2 | 0:33 | 15 | 6:32 |
| Ilsestein | 4.80 | 25:03 | 5:13 | 2 | 0:54 | 23 | 15:12 | 14.70 | 1:08:15 | 4:38 | 2 | 1:27 | 19 | 11:40 |
| Plessenburg | 2.30 | 12:26 | 5:24 | 2 | 0:40 | 24 | 2:48 | 17.00 | 1:20:41 | 4:44 | 2 | 2:07 | 19 | 14:28 |
| Oehrenfeld | 3.40 | 14:15 | 4:11 | 2 | 1:17 | 30 | 2:54 | 20.40 | 1:34:56 | 4:39 | 2 | 3:24 | 19 | 17:22 |
| Ilseburg/Markt | 4.50 | 21:12 | 4:42 | 2 | 0:53 | 27 | 4:26 | 24.90 | 1:56:08 | 4:39 | 2 | 4:17 | 21 | 21:48 |