



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Alexander Federowski

Club: Ludwig-Jahn-Runners Goslar  
Number: 522

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:01:09

Speed: 11.89 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 33 (of 433)

Rank in course/Men: 30 (of 351)

Best time in course: 1:34:20

Rank in category: 3(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	21:38	5:16	5	2:08	38	5:02	4.10	21:38	5:16	5	2:08	38	5:02
Plessenburg	2.40	11:48	4:55	4	1:03	35	2:39	6.50	33:26	5:08	4	3:11	34	7:41
Oehrenfeld	3.40	13:39	4:00	4	1:15	39	2:44	9.90	47:05	4:45	4	4:26	36	10:25
Ilsestein	4.80	25:43	5:21	3	1:34	31	15:52	14.70	1:12:48	4:57	4	6:00	35	16:13
Plessenburg	2.30	12:43	5:31	3	0:57	31	3:05	17.00	1:25:31	5:01	3	6:57	29	19:18
Oehrenfeld	3.40	14:26	4:14	3	1:28	34	3:05	20.40	1:39:57	4:53	3	8:25	30	22:23
Ilseburg/Markt	4.50	21:12	4:42	2	0:53	27	4:26	24.90	2:01:09	4:51	3	9:18	30	26:49