



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Alexander Bömeke

Number: 49

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:03:40

Speed: 11.64 km/h
Running performance: 4:57 min/km

Rank in course/Total: 37 (of 433)

Rank in course/Men: 33 (of 351)

Best time in course: 1:34:20

Rank in category: 4(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	20:59	5:07	3	1:29	33	4:23	4.10	20:59	5:07	3	1:29	33	4:23
Plessenburg	2.40	11:31	4:47	3	0:46	27	2:22	6.50	32:30	5:00	3	2:15	31	6:45
Oehrenfeld	3.40	13:36	4:00	3	1:12	38	2:41	9.90	46:06	4:39	3	3:27	32	9:26
Ilsestein	4.80	26:33	5:31	5	2:24	41	16:42	14.70	1:12:39	4:56	3	5:51	30	16:04
Plessenburg	2.30	13:27	5:50	5	1:41	46	3:49	17.00	1:26:06	5:03	4	7:32	32	19:53
Oehrenfeld	3.40	15:09	4:27	6	2:11	53	3:48	20.40	1:41:15	4:57	4	9:43	34	23:41
Ilseburg/Markt	4.50	22:25	4:58	5	2:06	42	5:39	24.90	2:03:40	4:57	4	11:49	33	29:20