



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Daniel Knauer

Club: Brockenlaufverein
Number: 233

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:07:10

Speed: 11.32 km/h
Running performance: 5:06 min/km

Rank in course/Total: 50 (of 433)

Rank in course/Men: 44 (of 351)

Best time in course: 1:34:20

Rank in category: 6(of 43)

Best time in the category: 1:51:51

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	21:34	5:15	4	2:04	37	4:58	4.10	21:34	5:15	4	2:04	37	4:58
Plessenburg	2.40	11:58	4:59	5	1:13	42	2:49	6.50	33:32	5:09	5	3:17	39	7:47
Oehrenfeld	3.40	14:07	4:09	6	1:43	48	3:12	9.90	47:39	4:48	5	5:00	40	10:59
Ilsestein	4.80	26:25	5:30	4	2:16	39	16:34	14.70	1:14:04	5:02	5	7:16	40	17:29
Plessenburg	2.30	14:54	6:28	10	3:08	94	5:16	17.00	1:28:58	5:14	5	10:24	46	22:45
Oehrenfeld	3.40	15:47	4:38	9	2:49	78	4:26	20.40	1:44:45	5:08	5	13:13	45	27:11
Ilseburg/Markt	4.50	22:25	4:58	5	2:06	42	5:39	24.90	2:07:10	5:06	6	15:19	44	32:50