



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Fabian Röder

Club: NSV Wernigerode
Number: 356

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:11:12

Speed: 10.98 km/h
Running performance: 5:16 min/km

Rank in course/Total: 68 (of 433)

Rank in course/Men: 59 (of 351)

Best time in course: 1:34:20

Rank in category: 7(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	22:33	5:30	7	3:03	55	5:57	4.10	22:33	5:30	7	3:03	55	5:57
Plessenburg	2.40	12:36	5:15	8	1:51	63	3:27	6.50	35:09	5:24	8	4:54	58	9:24
Oehrenfeld	3.40	14:00	4:07	5	1:36	43	3:05	9.90	49:09	4:57	6	6:30	54	12:29
Ilsestein	4.80	29:03	6:03	9	4:54	80	19:12	14.70	1:18:12	5:19	7	11:24	60	21:37
Plessenburg	2.30	14:32	6:19	9	2:46	80	4:54	17.00	1:32:44	5:27	7	14:10	60	26:31
Oehrenfeld	3.40	14:44	4:19	4	1:46	42	3:23	20.40	1:47:28	5:16	7	15:56	56	29:54
Ilseburg/Markt	4.50	23:44	5:16	9	3:25	84	6:58	24.90	2:11:12	5:16	7	19:21	59	36:52