



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sven Halbedel

Number: 167

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:12:39

Speed: 10.86 km/h
Running performance: 5:19 min/km

Rank in course/Total: 75 (of 433)

Rank in course/Men: 65 (of 351)

Best time in course: 1:34:20

Rank in category: 8(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	24:15	5:54	10	4:45	88	7:39	4.10	24:15	5:54	10	4:45	88	7:39
Plessenburg	2.40	13:12	5:30	10	2:27	92	4:03	6.50	37:27	5:45	10	7:12	87	11:42
Oehrenfeld	3.40	15:08	4:27	9	2:44	93	4:13	9.90	52:35	5:18	10	9:56	90	15:55
Ilsestein	4.80	27:53	5:48	7	3:44	62	18:02	14.70	1:20:28	5:28	10	13:40	77	23:53
Plessenburg	2.30	13:54	6:02	7	2:08	62	4:16	17.00	1:34:22	5:33	9	15:48	72	28:09
Oehrenfeld	3.40	15:07	4:26	5	2:09	49	3:46	20.40	1:49:29	5:22	9	17:57	67	31:55
Ilseburg/Markt	4.50	23:10	5:08	8	2:51	63	6:24	24.90	2:12:39	5:19	8	20:48	65	38:19