



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Tino Zimmermann

Club: Radwerk-Racing-Team
Number: 515

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:23:38

Speed: 10.03 km/h
Running performance: 5:46 min/km

Rank in course/Total: 129 (of 433)

Rank in course/Men: 117 (of 351)

Best time in course: 1:34:20

Rank in category: 13(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	25:34	6:14	15	6:04	127	8:58	4.10	25:34	6:14	15	6:04	127	8:58
Plessenburg	2.40	14:20	5:58	17	3:35	153	5:11	6.50	39:54	6:08	15	9:39	134	14:09
Oehrenfeld	3.40	16:12	4:45	17	3:48	133	5:17	9.90	56:06	5:40	16	13:27	127	19:26
Ilsestein	4.80	30:26	6:20	13	6:17	109	20:35	14.70	1:26:32	5:53	15	19:44	125	29:57
Plessenburg	2.30	15:51	6:53	17	4:05	139	6:13	17.00	1:42:23	6:01	15	23:49	123	36:10
Oehrenfeld	3.40	16:54	4:58	15	3:56	129	5:33	20.40	1:59:17	5:50	13	27:45	123	41:43
Ilseburg/Markt	4.50	24:21	5:24	14	4:02	100	7:35	24.90	2:23:38	5:46	13	31:47	117	49:18