



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Oliver Pierre

Club: Crazy Cool Runnings
Number: 332

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:26:20

Speed: 9.84 km/h
Running performance: 5:52 min/km

Rank in course/Total: 148 (of 433)

Rank in course/Men: 136 (of 351)

Best time in course: 1:34:20

Rank in category: 17(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	27:08	6:37	19	7:38	174	10:32	4.10	27:08	6:37	19	7:38	174	10:32
Plessenburg	2.40	14:16	5:56	15	3:31	146	5:07	6.50	41:24	6:22	17	11:09	169	15:39
Oehrenfeld	3.40	15:17	4:29	11	2:53	100	4:22	9.90	56:41	5:43	17	14:02	136	20:01
Ilsestein	4.80	31:08	6:29	17	6:59	138	21:17	14.70	1:27:49	5:58	17	21:01	137	31:14
Plessenburg	2.30	16:39	7:14	25	4:53	174	7:01	17.00	1:44:28	6:08	17	25:54	140	38:15
Oehrenfeld	3.40	17:10	5:02	18	4:12	150	5:49	20.40	2:01:38	5:57	17	30:06	140	44:04
Ilseburg/Markt	4.50	24:42	5:29	17	4:23	111	7:56	24.90	2:26:20	5:52	17	34:29	136	52:00