



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martin De Boer

Number: 82

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:34:13

Speed: 9.34 km/h
Running performance: 6:11 min/km

Rank in course/Total: 205 (of 433)

Rank in course/Men: 185 (of 351)

Best time in course: 1:34:20

Rank in category: 25(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	27:24	6:40	20	7:54	186	10:48	4.10	27:24	6:40	20	7:54	186	10:48
Plessenburg	2.40	14:42	6:07	20	3:57	175	5:33	6.50	42:06	6:28	21	11:51	181	16:21
Oehrenfeld	3.40	17:23	5:06	27	4:59	202	6:28	9.90	59:29	6:00	22	16:50	190	22:49
Ilsestein	4.80	33:06	6:53	24	8:57	185	23:15	14.70	1:32:35	6:17	24	25:47	195	36:00
Plessenburg	2.30	16:05	6:59	20	4:19	152	6:27	17.00	1:48:40	6:23	24	30:06	185	42:27
Oehrenfeld	3.40	18:04	5:18	27	5:06	195	6:43	20.40	2:06:44	6:12	24	35:12	185	49:10
Ilseburg/Markt	4.50	27:29	6:06	27	7:10	180	10:43	24.90	2:34:13	6:11	25	42:22	185	59:53