



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Manuel Hirth

Number: 529

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:35:55

Speed: 9.24 km/h
Running performance: 6:15 min/km

Rank in course/Total: 213 (of 433)

Rank in course/Men: 192 (of 351)

Best time in course: 1:34:20

Rank in category: 26(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	27:01	6:35	18	7:31	169	10:25	4.10	27:01	6:35	18	7:31	169	10:25
Plessenburg	2.40	14:44	6:08	22	3:59	178	5:35	6.50	41:45	6:25	19	11:30	175	16:00
Oehrenfeld	3.40	15:50	4:39	15	3:26	122	4:55	9.90	57:35	5:48	18	14:56	155	20:55
Ilsestein	4.80	35:00	7:17	28	10:51	230	25:09	14.70	1:32:35	6:17	24	25:47	195	36:00
Plessenburg	2.30	17:59	7:49	32	6:13	247	8:21	17.00	1:50:34	6:30	25	32:00	201	44:21
Oehrenfeld	3.40	17:35	5:10	22	4:37	169	6:14	20.40	2:08:09	6:16	26	36:37	197	50:35
Ilseburg/Markt	4.50	27:46	6:10	28	7:27	188	11:00	24.90	2:35:55	6:15	26	44:04	192	1:01:35