



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Alexander Samp

Number: 362

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:44:42

Speed: 8.74 km/h

Running performance: 6:36 min/km

Rank in course/Total: 273 (of 433)

Rank in course/Men: 238 (of 351)

Best time in course: 1:34:20

Rank in category: 28(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	29:34	7:12	33	10:04	262	12:58	4.10	29:34	7:12	33	10:04	262	12:58
Plessenburg	2.40	16:02	6:40	30	5:17	242	6:53	6.50	45:36	7:00	33	15:21	255	19:51
Oehrenfeld	3.40	19:56	5:51	36	7:32	305	9:01	9.90	1:05:32	6:37	34	22:53	272	28:52
Ilsestein	4.80	35:14	7:20	29	11:05	236	25:23	14.70	1:40:46	6:51	32	33:58	258	44:11
Plessenburg	2.30	17:54	7:46	31	6:08	244	8:16	17.00	1:58:40	6:58	32	40:06	253	52:27
Oehrenfeld	3.40	19:07	5:37	29	6:09	222	7:46	20.40	2:17:47	6:45	30	46:15	249	1:00:13
Ilseburg/Markt	4.50	26:55	5:58	25	6:36	167	10:09	24.90	2:44:42	6:36	28	52:51	238	1:10:22