



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Grude

Club: Crazy Cool Runnings
Number: 163

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:45:53

Speed: 8.68 km/h
Running performance: 6:39 min/km

Rank in course/Total: 280 (of 433)

Rank in course/Men: 243 (of 351)

Best time in course: 1:34:20

Rank in category: 29(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	27:47	6:46	28	8:17	203	11:11	4.10	27:47	6:46	28	8:17	203	11:11
Plessenburg	2.40	15:30	6:27	27	4:45	218	6:21	6.50	43:17	6:39	27	13:02	206	17:32
Oehrenfeld	3.40	17:30	5:08	29	5:06	213	6:35	9.90	1:00:47	6:08	27	18:08	208	24:07
Ilsestein	4.80	35:22	7:22	30	11:13	243	25:31	14.70	1:36:09	6:32	26	29:21	218	39:34
Plessenburg	2.30	17:53	7:46	30	6:07	243	8:15	17.00	1:54:02	6:42	27	35:28	219	47:49
Oehrenfeld	3.40	19:34	5:45	30	6:36	238	8:13	20.40	2:13:36	6:32	28	42:04	228	56:02
Ilseburg/Markt	4.50	32:17	7:10	35	11:58	281	15:31	24.90	2:45:53	6:39	29	54:02	243	1:11:33