



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sven Prygodda

Number: 533

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:46:37

Speed: 8.64 km/h
Running performance: 6:41 min/km

Rank in course/Total: 282 (of 433)

Rank in course/Men: 245 (of 351)

Best time in course: 1:34:20

Rank in category: 30(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	31:03	7:34	38	11:33	294	14:27	4.10	31:03	7:34	38	11:33	294	14:27
Plessenburg	2.40	16:40	6:56	37	5:55	271	7:31	6.50	47:43	7:20	36	17:28	282	21:58
Oehrenfeld	3.40	21:44	6:23	39	9:20	335	10:49	9.90	1:09:27	7:00	39	26:48	307	32:47
Ilsestein	4.80	34:23	7:09	27	10:14	217	24:32	14.70	1:43:50	7:03	35	37:02	274	47:15
Plessenburg	2.30	16:25	7:08	22	4:39	166	6:47	17.00	2:00:15	7:04	34	41:41	263	54:02
Oehrenfeld	3.40	19:43	5:47	31	6:45	243	8:22	20.40	2:19:58	6:51	34	48:26	261	1:02:24
Ilseburg/Markt	4.50	26:39	5:55	22	6:20	161	9:53	24.90	2:46:37	6:41	30	54:46	245	1:12:17