



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sofian Trabulsi

Number: 453

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:48:03

Speed: 8.57 km/h
Running performance: 6:44 min/km

Rank in course/Total: 289 (of 433)

Rank in course/Men: 251 (of 351)

Best time in course: 1:34:20

Rank in category: 31(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	28:07	6:51	30	8:37	215	11:31	4.10	28:07	6:51	30	8:37	215	11:31
Plessenburg	2.40	16:30	6:52	36	5:45	265	7:21	6.50	44:37	6:51	30	14:22	238	18:52
Oehrenfeld	3.40	19:52	5:50	35	7:28	304	8:57	9.90	1:04:29	6:30	33	21:50	258	27:49
Ilsestein	4.80	33:55	7:03	26	9:46	206	24:04	14.70	1:38:24	6:41	30	31:36	237	41:49
Plessenburg	2.30	20:14	8:47	38	8:28	297	10:36	17.00	1:58:38	6:58	31	40:04	252	52:25
Oehrenfeld	3.40	19:47	5:49	32	6:49	245	8:26	20.40	2:18:25	6:47	31	46:53	254	1:00:51
Ilseburg/Markt	4.50	29:38	6:35	30	9:19	233	12:52	24.90	2:48:03	6:44	31	56:12	251	1:13:43