



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dirk Werner Grüttner

Number: 164

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:49:47

Speed: 8.48 km/h
Running performance: 6:49 min/km

Rank in course/Total: 298 (of 433)

Rank in course/Men: 259 (of 351)

Best time in course: 1:34:20

Rank in category: 32(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	32:31	7:55	40	13:01	315	15:55	4.10	32:31	7:55	40	13:01	315	15:55
Plessenburg	2.40	16:27	6:51	35	5:42	262	7:18	6.50	48:58	7:31	40	18:43	299	23:13
Oehrenfeld	3.40	19:49	5:49	34	7:25	297	8:54	9.90	1:08:47	6:56	37	26:08	296	32:07
Ilsestein	4.80	36:05	7:31	33	11:56	257	26:14	14.70	1:44:52	7:08	36	38:04	285	48:17
Plessenburg	2.30	16:48	7:18	27	5:02	183	7:10	17.00	2:01:40	7:09	36	43:06	273	55:27
Oehrenfeld	3.40	18:28	5:25	28	5:30	207	7:07	20.40	2:20:08	6:52	35	48:36	265	1:02:34
Ilseburg/Markt	4.50	29:39	6:35	31	9:20	234	12:53	24.90	2:49:47	6:49	32	57:56	259	1:15:27