



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Merker

Club: Schneller gehts nicht
Number: 302

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 3:09:52

Speed: 7.58 km/h
Running performance: 7:37 min/km

Rank in course/Total: 374 (of 433)

Rank in course/Men: 309 (of 351)

Best time in course: 1:34:20

Rank in category: 39(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. | Stage score | | Total ranking | | | | | | |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ilsestein | 4.10 | 32:41 | 7:58 | 41 | 13:11 | 317 | 16:05 | 4.10 | 32:41 | 7:58 | 41 | 13:11 | 317 | 16:05 |
| Plessenburg | 2.40 | 18:50 | 7:50 | 41 | 8:05 | 327 | 9:41 | 6.50 | 51:31 | 7:55 | 41 | 21:16 | 320 | 25:46 |
| Oehrenfeld | 3.40 | 22:29 | 6:36 | 42 | 10:05 | 343 | 11:34 | 9.90 | 1:14:00 | 7:28 | 41 | 31:21 | 328 | 37:20 |
| Ilsestein | 4.80 | 39:22 | 8:12 | 37 | 15:13 | 296 | 29:31 | 14.70 | 1:53:22 | 7:42 | 41 | 46:34 | 322 | 56:47 |
| Plessenburg | 2.30 | 19:59 | 8:41 | 37 | 8:13 | 290 | 10:21 | 17.00 | 2:13:21 | 7:50 | 41 | 54:47 | 314 | 1:07:08 |
| Oehrenfeld | 3.40 | 22:12 | 6:31 | 40 | 9:14 | 304 | 10:51 | 20.40 | 2:35:33 | 7:37 | 40 | 1:04:01 | 310 | 1:17:59 |
| Ilseburg/Markt | 4.50 | 34:19 | 7:37 | 40 | 14:00 | 304 | 17:33 | 24.90 | 3:09:52 | 7:37 | 39 | 1:18:01 | 309 | 1:35:32 |