



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.	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