



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tim Nowatschin

Number: 317

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 3:10:58

Speed: 7.54 km/h
Running performance: 7:40 min/km

Rank in course/Total: 381 (of 433)

Rank in course/Men: 314 (of 351)

Best time in course: 1:34:20

Rank in category: 40(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	31:23	7:39	39	11:53	301	14:47	4.10	31:23	7:39	39	11:53	301	14:47	
Plessenburg	2.40	17:09	7:08	39	6:24	288	8:00	6.50	48:32	7:28	38	18:17	294	22:47	
Oehrenfeld	3.40	21:56	6:27	41	9:32	339	11:01	9.90	1:10:28	7:07	40	27:49	313	33:48	
Ilsestein	4.80	41:12	8:35	41	17:03	318	31:21	14.70	1:51:40	7:35	40	44:52	315	55:05	
Plessenburg	2.30	20:35	8:56	40	8:49	308	10:57	17.00	2:12:15	7:46	40	53:41	310	1:06:02	
Oehrenfeld	3.40	23:32	6:55	41	10:34	320	12:11	20.40	2:35:47	7:38	41	1:04:15	314	1:18:13	
Ilseburg/Markt	4.50	35:11	7:49	41	14:52	310	18:25	24.90	3:10:58	7:40	40	1:19:07	314	1:36:38	