



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steffen Fischer

Number: 120

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 3:50:20

Speed: 6.25 km/h

Running performance: 9:15 min/km

Rank in course/Total: 425 (of 433)

Rank in course/Men: 345 (of 351)

Best time in course: 1:34:20

Rank in category: 43(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	Stage score			Total ranking			
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	37:03	9:02	43	17:33	346	20:27	4.10	37:03	9:02	43	17:33	346	20:27
Plessenburg	2.40	21:18	8:52	43	10:33	350	12:09	6.50	58:21	8:58	43	28:06	347	32:36
Oehrenfeld	3.40	22:59	6:45	43	10:35	347	12:04	9.90	1:21:20	8:12	43	38:41	348	44:40
Ilsestein	4.80	48:48	10:09	43	24:39	349	38:57	14.70	2:10:08	8:51	43	1:03:20	348	1:13:33
Plessenburg	2.30	24:09	10:30	43	12:23	337	14:31	17.00	2:34:17	9:04	43	1:15:43	345	1:28:04
Oehrenfeld	3.40	28:52	8:29	43	15:54	341	17:31	20.40	3:03:09	8:58	43	1:31:37	345	1:45:35
Ilseburg/Markt	4.50	47:11	10:29	42	26:52	345	30:25	24.90	3:50:20	9:15	43	1:58:29	345	2:16:00