



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Schmidt

Number: 380

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 1:59:08

Speed: 12.09 km/h
Running performance: 4:47 min/km

Rank in course/Total: 28 (of 433)

Rank in course/Men: 26 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 42)

Best time in the category: 1:48:31

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	21:58	5:21	6	2:23	46	5:22	4.10	21:58	5:21	6	2:23	46	5:22
Plessenburg	2.40	11:33	4:48	2	1:06	30	2:24	6.50	33:31	5:09	3	3:29	38	7:46
Oehrenfeld	3.40	14:07	4:09	4	2:26	48	3:12	9.90	47:38	4:48	4	5:55	39	10:58
Ilsestein	4.80	25:05	5:13	2	1:16	24	15:14	14.70	1:12:43	4:56	3	7:11	32	16:08
Plessenburg	2.30	12:06	5:15	2	0:40	18	2:28	17.00	1:24:49	4:59	3	7:51	28	18:36
Oehrenfeld	3.40	14:07	4:09	3	1:18	28	2:46	20.40	1:38:56	4:50	3	9:09	27	21:22
Ilseburg/Markt	4.50	20:12	4:29	2	1:28	16	3:26	24.90	1:59:08	4:47	3	10:37	26	24:48