



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Gerhardt

Number: 145

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:22:25

Speed: 10.11 km/h
Running performance: 5:43 min/km

Rank in course/Total: 124 (of 433)

Rank in course/Men: 112 (of 351)

Best time in course: 1:34:20

Rank in category: 12(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	23:57	5:50	7	4:22	78	7:21	4.10	23:57	5:50	7	4:22	78	7:21
Plessenburg	2.40	12:58	5:24	8	2:31	81	3:49	6.50	36:55	5:40	8	6:53	78	11:10
Oehrenfeld	3.40	14:59	4:24	8	3:18	90	4:04	9.90	51:54	5:14	8	10:11	82	15:14
Ilsestein	4.80	30:47	6:24	13	6:58	130	20:56	14.70	1:22:41	5:37	8	17:09	93	26:06
Plessenburg	2.30	15:38	6:47	13	4:12	130	6:00	17.00	1:38:19	5:46	10	21:21	95	32:06
Oehrenfeld	3.40	16:39	4:53	10	3:50	116	5:18	20.40	1:54:58	5:38	10	25:11	96	37:24
Ilseburg/Markt	4.50	27:27	6:05	15	8:43	179	10:41	24.90	2:22:25	5:43	12	33:54	112	48:05