



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Christian Schrader

Number: 388

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:47:50

Speed: 8.58 km/h

Running performance: 6:44 min/km

Rank in course/Total: 288 (of 433)

Rank in course/Men: 250 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	31:02	7:34	32	11:27	293	14:26	4.10	31:02	7:34	32	11:27	293	14:26
Plessenburg	2.40	17:06	7:07	30	6:39	287	7:57	6.50	48:08	7:24	32	18:06	291	22:23
Oehrenfeld	3.40	18:35	5:27	28	6:54	254	7:40	9.90	1:06:43	6:44	30	25:00	287	30:03
Ilsestein	4.80	37:13	7:45	27	13:24	270	27:22	14.70	1:43:56	7:04	28	38:24	277	47:21
Plessenburg	2.30	17:25	7:34	18	5:59	221	7:47	17.00	2:01:21	7:08	26	44:23	269	55:08
Oehrenfeld	3.40	18:24	5:24	21	5:35	204	7:03	20.40	2:19:45	6:51	26	49:58	257	1:02:11
Ilseburg/Markt	4.50	28:05	6:14	18	9:21	194	11:19	24.90	2:47:50	6:44	24	59:19	250	1:13:30