



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Maik Di Caro

Number: 87

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 3:11:00

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

Rank in course/Total: 382 (of 433)

Rank in course/Men: 315 (of 351)

Best time in course: 1:34:20

Rank in category: 36(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	30:08	7:20	27	10:33	273	13:32	4.10	30:08	7:20	27	10:33	273	13:32
Plessenburg	2.40	17:51	7:26	34	7:24	307	8:42	6.50	47:59	7:22	30	17:57	287	22:14
Oehrenfeld	3.40	19:13	5:39	30	7:32	274	8:18	9.90	1:07:12	6:47	31	25:29	288	30:32
Ilsestein	4.80	42:58	8:57	38	19:09	331	33:07	14.70	1:50:10	7:29	35	44:38	309	53:35
Plessenburg	2.30	20:51	9:03	35	9:25	312	11:13	17.00	2:11:01	7:42	36	54:03	308	1:04:48
Oehrenfeld	3.40	23:04	6:47	35	10:15	311	11:43	20.40	2:34:05	7:33	36	1:04:18	308	1:16:31
Ilseburg/Markt	4.50	36:55	8:12	39	18:11	326	20:09	24.90	3:11:00	7:40	36	1:22:29	315	1:36:40