



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Günter Grünebast

Number: 811

Course: 24.90 km
24,9 km - Wanderung

Category:
Männer

Total time: 3:24:19

Speed: 7.05 km/h
Running performance: 8:12 min/km

Rank in course/Total: 2 (of 70)

Rank in course/Men: 1 (of 24)

Best time in course: 3:24:19

Rank in category: 1(of 24)

Best time in the category: 3:24:19

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	37:38	9:10	2	1:27	2	1:27	4.10	37:38	9:10	2	1:27	2	1:27
Plessenburg	2.40	18:55	7:52	1	-	1	-	6.50	56:33	8:41	2	0:18	2	0:18
Oehrenfeld	3.40	24:41	7:15	1	-	1	-	9.90	1:21:14	8:12	1	-	1	-
Ilsestein	4.80	41:58	8:44	1	-	1	-	14.70	2:03:12	8:22	1	-	1	-
Plessenburg	2.30	19:39	8:32	2	0:03	2	0:03	17.00	2:22:51	8:24	1	-	1	-
Oehrenfeld	3.40	24:52	7:18	1	-	1	-	20.40	2:47:43	8:13	1	-	1	-
Ilseburg/Markt	4.50	36:36	8:07	1	-	1	-	24.90	3:24:19	8:12	1	-	1	-