



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stephan Heide

Club: Löwenläufer Braunschweig
Number: 816

Course: 24.90 km
24,9 km - Wanderung

Category:
Männer

Total time: 3:45:34

Speed: 6.38 km/h
Running performance: 9:03 min/km

Rank in course/Total: 7 (of 70)

Rank in course/Men: 3 (of 24)

Best time in course: 3:24:19

Rank in category: 3(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	40:53	9:58	5	4:42	5	4:42	4.10	40:53	9:58	5	4:42	5	4:42
Plessenburg	2.40	21:32	8:58	4	2:37	4	2:37	6.50	1:02:25	9:36	4	6:10	4	6:10
Oehrenfeld	3.40	29:40	8:43	4	4:59	4	4:59	9.90	1:32:05	9:18	4	10:51	4	10:51
Ilsestein	4.80	44:04	9:10	2	2:06	2	2:06	14.70	2:16:09	9:15	3	12:57	3	12:57
Plessenburg	2.30	21:46	9:27	4	2:10	4	2:10	17.00	2:37:55	9:17	3	15:04	3	15:04
Oehrenfeld	3.40	27:34	8:06	2	2:42	2	2:42	20.40	3:05:29	9:05	3	17:46	3	17:46
Ilseburg/Markt	4.50	40:05	8:54	4	3:29	4	3:29	24.90	3:45:34	9:03	3	21:15	3	21:15