



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Michael Lange

Number: 836

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Männer

Total time: 4:00:58

Speed: 5.98 km/h  
Running performance: 9:40 min/km

Rank in course/Total: 15 (of 70)

Rank in course/Men: 7 (of 24)

Best time in course: 3:24:19

Rank in category: 7(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	41:45	10:10	7	5:34	7	5:34	4.10	41:45	10:10	7	5:34	7	5:34
Plessenburg	2.40	22:18	9:17	7	3:23	7	3:23	6.50	1:04:03	9:51	7	7:48	7	7:48
Oehrenfeld	3.40	29:39	8:43	3	4:58	3	4:58	9.90	1:33:42	9:27	6	12:28	6	12:28
Ilsestein	4.80	48:21	10:04	7	6:23	7	6:23	14.70	2:22:03	9:39	6	18:51	6	18:51
Plessenburg	2.30	24:08	10:29	11	4:32	11	4:32	17.00	2:46:11	9:46	7	23:20	7	23:20
Oehrenfeld	3.40	30:56	9:05	7	6:04	7	6:04	20.40	3:17:07	9:39	7	29:24	7	29:24
Ilseburg/Markt	4.50	43:51	9:44	9	7:15	9	7:15	24.90	4:00:58	9:40	7	36:39	7	36:39