



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sascha Grube

Number: 810

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Männer

Total time: 4:29:51

Speed: 5.34 km/h  
Running performance: 10:50 min/km

Rank in course/Total: 35 (of 70)

Rank in course/Men: 16 (of 24)

Best time in course: 3:24:19

Rank in category: 16(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	43:52	10:41	15	7:41	15	7:41	4.10	43:52	10:41	15	7:41	15	7:41
Plessenburg	2.40	23:37	9:50	13	4:42	13	4:42	6.50	1:07:29	10:22	12	11:14	12	11:14
Oehrenfeld	3.40	35:37	10:28	17	10:56	17	10:56	9.90	1:43:06	10:24	17	21:52	17	21:52
Ilsestein	4.80	52:55	11:01	16	10:57	16	10:57	14.70	2:36:01	10:36	18	32:49	18	32:49
Plessenburg	2.30	25:26	11:03	15	5:50	15	5:50	17.00	3:01:27	10:40	16	38:36	16	38:36
Oehrenfeld	3.40	38:45	11:23	17	13:53	17	13:53	20.40	3:40:12	10:47	16	52:29	16	52:29
Ilseburg/Markt	4.50	49:39	11:01	16	13:03	16	13:03	24.90	4:29:51	10:50	16	1:05:32	16	1:05:32