



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rolf Herrling

Number: 191

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 1:59:11

Speed: 12.08 km/h

Running performance: 4:47 min/km

Rank in course/Total: 29 (of 433)

Rank in course/Men: 27 (of 351)

Best time in course: 1:34:20

Rank in category: 8(of 49)

Best time in the category: 1:42:12

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	20:42	5:02	9	3:20	29	4:06	4.10	20:42	5:02	9	3:20	29	4:06
Plessenburg	2.40	12:31	5:12	11	2:42	57	3:22	6.50	33:13	5:06	9	6:02	33	7:28
Oehrenfeld	3.40	14:07	4:09	12	2:48	48	3:12	9.90	47:20	4:46	10	8:45	37	10:40
Ilsestein	4.80	25:27	5:18	8	4:26	28	15:36	14.70	1:12:47	4:57	10	13:11	34	16:12
Plessenburg	2.30	12:53	5:36	8	2:40	35	3:15	17.00	1:25:40	5:02	8	15:15	30	19:27
Oehrenfeld	3.40	13:50	4:04	7	1:52	24	2:29	20.40	1:39:30	4:52	8	17:07	29	21:56
Ilseburg/Markt	4.50	19:41	4:22	5	1:25	10	2:55	24.90	1:59:11	4:47	8	16:59	27	24:51