



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Silvio Dörge

Number: 94

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:39:11

Speed: 9.05 km/h

Running performance: 6:23 min/km

Rank in course/Total: 230 (of 433)

Rank in course/Men: 206 (of 351)

Best time in course: 1:34:20

Rank in category: 35(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	30:25	7:25	45	13:03	281	13:49	4.10	30:25	7:25	45	13:03	281	13:49
Plessenburg	2.40	16:09	6:43	43	6:20	245	7:00	6.50	46:34	7:09	45	19:23	274	20:49
Oehrenfeld	3.40	19:28	5:43	44	8:09	282	8:33	9.90	1:06:02	6:40	45	27:27	278	29:22
Ilsestein	4.80	33:27	6:58	34	12:26	200	23:36	14.70	1:39:29	6:46	43	39:53	251	42:54
Plessenburg	2.30	16:04	6:59	26	5:51	151	6:26	17.00	1:55:33	6:47	41	45:08	233	49:20
Oehrenfeld	3.40	17:58	5:17	33	6:00	191	6:37	20.40	2:13:31	6:32	39	51:08	226	55:57
Ilseburg/Markt	4.50	25:40	5:42	25	7:24	140	8:54	24.90	2:39:11	6:23	35	56:59	206	1:04:51