



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Boettcher

Number: 48

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 3:19:56

Speed: 7.20 km/h
Running performance: 8:01 min/km

Rank in course/Total: 406 (of 433)

Rank in course/Men: 334 (of 351)

Best time in course: 1:34:20

Rank in category: 48(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	36:53	8:59	49	19:31	345	20:17	4.10	36:53	8:59	49	19:31	345	20:17
Plessenburg	2.40	19:23	8:04	49	9:34	334	10:14	6.50	56:16	8:39	49	29:05	342	30:31
Oehrenfeld	3.40	20:21	5:59	47	9:02	314	9:26	9.90	1:16:37	7:44	49	38:02	339	39:57
Ilsestein	4.80	43:00	8:57	49	21:59	333	33:09	14.70	1:59:37	8:08	49	1:00:01	340	1:03:02
Plessenburg	2.30	21:11	9:12	48	10:58	318	11:33	17.00	2:20:48	8:16	48	1:10:23	336	1:14:35
Oehrenfeld	3.40	23:31	6:55	47	11:33	319	12:10	20.40	2:44:19	8:03	48	1:21:56	335	1:26:45
Ilseburg/Markt	4.50	35:37	7:54	46	17:21	316	18:51	24.90	3:19:56	8:01	48	1:37:44	334	1:45:36