



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Burkhard Steinchen

Number: 420

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 1:59:03

Speed: 12.10 km/h
Running performance: 4:46 min/km

Rank in course/Total: 27 (of 433)

Rank in course/Men: 25 (of 351)

Best time in course: 1:34:20

Rank in category: 7(of 53)

Best time in the category: 1:40:59

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	21:38	5:16	12	3:08	38	5:02	4.10	21:38	5:16	12	3:08	38	5:02
Plessenburg	2.40	11:50	4:55	11	2:00	37	2:41	6.50	33:28	5:08	11	5:08	35	7:43
Oehrenfeld	3.40	13:25	3:56	8	1:33	32	2:30	9.90	46:53	4:44	11	6:41	34	10:13
Ilsestein	4.80	25:20	5:16	9	3:53	26	15:29	14.70	1:12:13	4:54	9	10:34	29	15:38
Plessenburg	2.30	12:31	5:26	9	2:22	27	2:53	17.00	1:24:44	4:59	9	12:56	27	18:31
Oehrenfeld	3.40	13:44	4:02	7	1:36	21	2:23	20.40	1:38:28	4:49	8	14:32	26	20:54
Ilseburg/Markt	4.50	20:35	4:34	6	3:32	21	3:49	24.90	1:59:03	4:46	7	18:04	25	24:43