



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Rolf Glockenmeier

Number: 150

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 3:17:24

Speed: 7.29 km/h  
Running performance: 7:55 min/km

Rank in course/Total: 400 (of 433)

Rank in course/Men: 331 (of 351)

Best time in course: 1:34:20

Rank in category: 52(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	31:14	7:37	48	12:44	296	14:38	4.10	31:14	7:37	48	12:44	296	14:38
Plessenburg	2.40	17:33	7:18	48	7:43	299	8:24	6.50	48:47	7:30	48	20:27	297	23:02
Oehrenfeld	3.40	19:37	5:46	46	7:45	289	8:42	9.90	1:08:24	6:54	48	28:12	293	31:44
Ilsestein	4.80	43:12	9:00	52	21:45	337	33:21	14.70	1:51:36	7:35	49	49:57	314	55:01
Plessenburg	2.30	21:26	9:19	50	11:17	324	11:48	17.00	2:13:02	7:49	49	1:01:14	312	1:06:49
Oehrenfeld	3.40	23:29	6:54	49	11:21	318	12:08	20.40	2:36:31	7:40	49	1:12:35	315	1:18:57
Ilseburg/Markt	4.50	40:53	9:05	53	23:50	338	24:07	24.90	3:17:24	7:55	52	1:36:25	331	1:43:04