



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Schimmer

Number: 371

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:06:47

Speed: 11.36 km/h
Running performance: 5:05 min/km

Rank in course/Total: 47 (of 433)

Rank in course/Men: 42 (of 351)

Best time in course: 1:34:20

Rank in category: 5(of 43)

Best time in the category: 1:51:51

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	21:51	5:19	6	2:21	42	5:15	4.10	21:51	5:19	6	2:21	42	5:15
Plessenburg	2.40	12:46	5:19	9	2:01	70	3:37	6.50	34:37	5:19	6	4:22	50	8:52
Oehrenfeld	3.40	15:10	4:27	10	2:46	94	4:15	9.90	49:47	5:01	8	7:08	58	13:07
Ilsestein	4.80	26:47	5:34	6	2:38	43	16:56	14.70	1:16:34	5:12	6	9:46	53	19:59
Plessenburg	2.30	13:17	5:46	4	1:31	40	3:39	17.00	1:29:51	5:17	6	11:17	49	23:38
Oehrenfeld	3.40	15:11	4:27	7	2:13	54	3:50	20.40	1:45:02	5:08	6	13:30	47	27:28
Ilseburg/Markt	4.50	21:45	4:49	4	1:26	35	4:59	24.90	2:06:47	5:05	5	14:56	42	32:27