



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Fuhrig

Number: 135

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:15:37

Speed: 10.62 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 90 (of 433)

Rank in course/Men: 79 (of 351)

Best time in course: 1:34:20

Rank in category: 10(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	22:39	5:31	8	3:09	56	6:03	4.10	22:39	5:31	8	3:09	56	6:03
Plessenburg	2.40	12:08	5:03	7	1:23	49	2:59	6.50	34:47	5:21	7	4:32	53	9:02
Oehrenfeld	3.40	14:48	4:21	7	2:24	77	3:53	9.90	49:35	5:00	7	6:56	57	12:55
Ilsestein	4.80	29:36	6:10	11	5:27	88	19:45	14.70	1:19:11	5:23	9	12:23	66	22:36
Plessenburg	2.30	15:36	6:46	15	3:50	129	5:58	17.00	1:34:47	5:34	10	16:13	75	28:34
Oehrenfeld	3.40	16:16	4:47	11	3:18	101	4:55	20.40	1:51:03	5:26	10	19:31	80	33:29
Ilseburg/Markt	4.50	24:34	5:27	16	4:15	107	7:48	24.90	2:15:37	5:26	10	23:46	79	41:17