



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Silvio Püschel

Number: 342

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:20:41

Speed: 10.24 km/h

Running performance: 5:38 min/km

Rank in course/Total: 113 (of 433)

Rank in course/Men: 101 (of 351)

Best time in course: 1:34:20

Rank in category: 11(of 43)

Best time in the category: 1:51:51

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Ilsestein      | 4.10        | 25:25         | 6:11            | 14          | 5:55           | 117         | 8:49          | 4.10  | 25:25   | 6:11            | 14          | 5:55           | 117           | 8:49          |
| Plessenburg    | 2.40        | 13:29         | 5:37            | 12          | 2:44           | 104         | 4:20          | 6.50  | 38:54   | 5:59            | 13          | 8:39           | 109           | 13:09         |
| Oehrenfeld     | 3.40        | 16:13         | 4:46            | 18          | 3:49           | 134         | 5:18          | 9.90  | 55:07   | 5:34            | 13          | 12:28          | 116           | 18:27         |
| Ilsestein      | 4.80        | 30:22         | 6:19            | 12          | 6:13           | 107         | 20:31         | 14.70 | 1:25:29 | 5:48            | 13          | 18:41          | 110           | 28:54         |
| Plessenburg    | 2.30        | 15:09         | 6:35            | 12          | 3:23           | 106         | 5:31          | 17.00 | 1:40:38 | 5:55            | 12          | 22:04          | 105           | 34:25         |
| Oehrenfeld     | 3.40        | 15:53         | 4:40            | 10          | 2:55           | 85          | 4:32          | 20.40 | 1:56:31 | 5:42            | 12          | 24:59          | 103           | 38:57         |
| Ilseburg/Markt | 4.50        | 24:10         | 5:22            | 11          | 3:51           | 94          | 7:24          | 24.90 | 2:20:41 | 5:38            | 11          | 28:50          | 101           | 46:21         |