



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rene Herden

Number: 189

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:29:40

Speed: 9.62 km/h
Running performance: 6:00 min/km

Rank in course/Total: 172 (of 433)

Rank in course/Men: 155 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:28	6:41	22	7:58	189	10:52	4.10	27:28	6:41	22	7:58	189	10:52
Plessenburg	2.40	15:16	6:21	26	4:31	201	6:07	6.50	42:44	6:34	25	12:29	195	16:59
Oehrenfeld	3.40	17:19	5:05	25	4:55	194	6:24	9.90	1:00:03	6:03	24	17:24	196	23:23
Ilsestein	4.80	31:42	6:36	21	7:33	155	21:51	14.70	1:31:45	6:14	23	24:57	187	35:10
Plessenburg	2.30	16:37	7:13	24	4:51	172	6:59	17.00	1:48:22	6:22	23	29:48	181	42:09
Oehrenfeld	3.40	16:51	4:57	14	3:53	127	5:30	20.40	2:05:13	6:08	21	33:41	167	47:39
Ilseburg/Markt	4.50	24:27	5:26	15	4:08	105	7:41	24.90	2:29:40	6:00	21	37:49	155	55:20