



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Hartmann

Number: 527

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:32:36

Speed: 9.44 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 191 (of 433)

Rank in course/Men: 171 (of 351)

Best time in course: 1:34:20

Rank in category: 23(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	27:48	6:46	29	8:18	204	11:12	4.10	27:48	6:46	29	8:18	204	11:12
Plessenburg	2.40	14:26	6:00	18	3:41	159	5:17	6.50	42:14	6:29	22	11:59	184	16:29
Oehrenfeld	3.40	17:11	5:03	22	4:47	186	6:16	9.90	59:25	6:00	21	16:46	188	22:45
Ilsestein	4.80	32:06	6:41	23	7:57	167	22:15	14.70	1:31:31	6:13	20	24:43	178	34:56
Plessenburg	2.30	16:24	7:07	21	4:38	165	6:46	17.00	1:47:55	6:20	21	29:21	175	41:42
Oehrenfeld	3.40	17:48	5:14	25	4:50	179	6:27	20.40	2:05:43	6:09	23	34:11	174	48:09
Ilseburg/Markt	4.50	26:53	5:58	24	6:34	165	10:07	24.90	2:32:36	6:07	23	40:45	171	58:16