



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Marian Pohl

Club: NIX tun kann JEDER
Number: 336

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:32:41

Speed: 9.43 km/h
Running performance: 6:07 min/km

Rank in course/Total: 192 (of 433)

Rank in course/Men: 172 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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	27:43	6:45	26	8:13	201	11:07	4.10	27:43	6:45	26	8:13	201	11:07
Plessenburg	2.40	14:54	6:12	23	4:09	184	5:45	6.50	42:37	6:33	24	12:22	192	16:52
Oehrenfeld	3.40	17:15	5:04	23	4:51	190	6:20	9.90	59:52	6:02	23	17:13	193	23:12
Ilsestein	4.80	31:44	6:36	22	7:35	157	21:53	14.70	1:31:36	6:13	22	24:48	182	35:01
Plessenburg	2.30	16:41	7:15	26	4:55	177	7:03	17.00	1:48:17	6:22	22	29:43	177	42:04
Oehrenfeld	3.40	17:25	5:07	20	4:27	163	6:04	20.40	2:05:42	6:09	22	34:10	173	48:08
Ilseburg/Markt	4.50	26:59	5:59	26	6:40	169	10:13	24.90	2:32:41	6:07	24	40:50	172	58:21