



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Rene Kegel

Number: 222

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:41:59

Speed: 8.89 km/h

Running performance: 6:30 min/km

Rank in course/Total: 251 (of 433)

Rank in course/Men: 223 (of 351)

Best time in course: 1:34:20

Rank in category: 27(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			Pos		Behind	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:41	7:14	34	10:11	265	13:05	4.10	29:41	7:14	34	10:11	265	13:05
Plessenburg	2.40	15:49	6:35	28	5:04	232	6:40	6.50	45:30	7:00	32	15:15	254	19:45
Oehrenfeld	3.40	16:59	4:59	20	4:35	173	6:04	9.90	1:02:29	6:18	29	19:50	234	25:49
Ilsestein	4.80	35:42	7:26	32	11:33	249	25:51	14.70	1:38:11	6:40	29	31:23	234	41:36
Plessenburg	2.30	17:12	7:28	28	5:26	212	7:34	17.00	1:55:23	6:47	28	36:49	232	49:10
Oehrenfeld	3.40	17:51	5:15	26	4:53	184	6:30	20.40	2:13:14	6:31	27	41:42	222	55:40
Ilseburg/Markt	4.50	28:45	6:23	29	8:26	217	11:59	24.90	2:41:59	6:30	27	50:08	223	1:07:39