



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Schenk

Number: 368

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:51:43

Speed: 8.39 km/h

Running performance: 6:53 min/km

Rank in course/Total: 307 (of 433)

Rank in course/Men: 264 (of 351)

Best time in course: 1:34:20

Rank in category: 33(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			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:35	6:43	23	8:05	193	10:59	4.10	27:35	6:43	23	8:05	193	10:59
Plessenburg	2.40	15:13	6:20	25	4:28	199	6:04	6.50	42:48	6:35	26	12:33	196	17:03
Oehrenfeld	3.40	17:32	5:09	30	5:08	216	6:37	9.90	1:00:20	6:05	26	17:41	203	23:40
Ilsestein	4.80	37:46	7:52	34	13:37	278	27:55	14.70	1:38:06	6:40	28	31:18	232	41:31
Plessenburg	2.30	18:52	8:12	34	7:06	272	9:14	17.00	1:56:58	6:52	29	38:24	239	50:45
Oehrenfeld	3.40	20:43	6:05	36	7:45	280	9:22	20.40	2:17:41	6:44	29	46:09	247	1:00:07
Ilseburg/Markt	4.50	34:02	7:33	39	13:43	301	17:16	24.90	2:51:43	6:53	33	59:52	264	1:17:23