



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

York Delventhal

Number: 85

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:57:11

Speed: 8.13 km/h  
Running performance: 7:06 min/km

Rank in course/Total: 330 (of 433)

Rank in course/Men: 279 (of 351)

Best time in course: 1:34:20

Rank in category: 35(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	27:36	6:43	24	8:06	194	11:00	4.10	27:36	6:43	24	8:06	194	11:00
Plessenburg	2.40	16:15	6:46	33	5:30	253	7:06	6.50	43:51	6:44	28	13:36	214	18:06
Oehrenfeld	3.40	17:18	5:05	24	4:54	193	6:23	9.90	1:01:09	6:10	28	18:30	215	24:29
Ilsestein	4.80	40:33	8:26	40	16:24	313	30:42	14.70	1:41:42	6:55	33	34:54	264	45:07
Plessenburg	2.30	19:36	8:31	36	7:50	286	9:58	17.00	2:01:18	7:08	35	42:44	268	55:05
Oehrenfeld	3.40	22:02	6:28	39	9:04	302	10:41	20.40	2:23:20	7:01	36	51:48	277	1:05:46
Ilseburg/Markt	4.50	33:51	7:31	38	13:32	300	17:05	24.90	2:57:11	7:06	35	1:05:20	279	1:22:51