



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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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       |