



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Bernd Meier

Number: 297

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 3:00:17

Speed: 7.99 km/h
Running performance: 7:14 min/km

Rank in course/Total: 345 (of 433)

Rank in course/Men: 289 (of 351)

Best time in course: 1:34:20

Rank in category: 37(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	30:53	7:31	37	11:23	292	14:17	4.10	30:53	7:31	37	11:23	292	14:17
Plessenburg	2.40	17:50	7:25	40	7:05	306	8:41	6.50	48:43	7:29	39	18:28	296	22:58
Oehrenfeld	3.40	20:13	5:56	37	7:49	311	9:18	9.90	1:08:56	6:57	38	26:17	301	32:16
Ilsestein	4.80	39:49	8:17	38	15:40	304	29:58	14.70	1:48:45	7:23	39	41:57	302	52:10
Plessenburg	2.30	20:15	8:48	39	8:29	298	10:37	17.00	2:09:00	7:35	39	50:26	303	1:02:47
Oehrenfeld	3.40	20:03	5:53	33	7:05	261	8:42	20.40	2:29:03	7:18	38	57:31	293	1:11:29
Ilseburg/Markt	4.50	31:14	6:56	32	10:55	269	14:28	24.90	3:00:17	7:14	37	1:08:26	289	1:25:57