



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Toralf Pusch

Club: Die Spechte
Number: 341

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 3:04:14

Speed: 7.82 km/h
Running performance: 7:23 min/km

Rank in course/Total: 356 (of 433)

Rank in course/Men: 295 (of 351)

Best time in course: 1:34:20

Rank in category: 38(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	29:24	7:10	31	9:54	257	12:48	4.10	29:24	7:10	31	9:54	257	12:48	
Plessenburg	2.40	15:58	6:39	29	5:13	237	6:49	6.50	45:22	6:58	31	15:07	250	19:37	
Oehrenfeld	3.40	20:44	6:05	38	8:20	325	9:49	9.90	1:06:06	6:40	36	23:27	280	29:26	
Ilsestein	4.80	38:46	8:04	36	14:37	288	28:55	14.70	1:44:52	7:08	36	38:04	285	48:17	
Plessenburg	2.30	21:33	9:22	42	9:47	326	11:55	17.00	2:06:25	7:26	38	47:51	293	1:00:12	
Oehrenfeld	3.40	25:15	7:25	42	12:17	334	13:54	20.40	2:31:40	7:26	39	1:00:08	299	1:14:06	
Ilseburg/Markt	4.50	32:34	7:14	36	12:15	285	15:48	24.90	3:04:14	7:23	38	1:12:23	295	1:29:54	