



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Ronny Twupack

Number: 459

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 3:12:45

Speed: 7.47 km/h

Running performance: 7:44 min/km

Rank in course/Total: 386 (of 433)

Rank in course/Men: 318 (of 351)

Best time in course: 1:34:20

Rank in category: 42(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	27:43	6:45	26	8:13	201	11:07	4.10	27:43	6:45	26	8:13	201	11:07
Plessenburg	2.40	16:10	6:44	31	5:25	246	7:01	6.50	43:53	6:45	29	13:38	215	18:08
Oehrenfeld	3.40	19:32	5:44	33	7:08	286	8:37	9.90	1:03:25	6:24	30	20:46	241	26:45
Ilsestein	4.80	35:24	7:22	31	11:15	244	25:33	14.70	1:38:49	6:43	31	32:01	239	42:14
Plessenburg	2.30	18:33	8:03	33	6:47	263	8:55	17.00	1:57:22	6:54	30	38:48	244	51:09
Oehrenfeld	3.40	21:32	6:20	37	8:34	292	10:11	20.40	2:18:54	6:48	32	47:22	255	1:01:20
Ilseburg/Markt	4.50	53:51	11:58	43	33:32	347	37:05	24.90	3:12:45	7:44	42	1:20:54	318	1:38:25