



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. | Stage score | | Total | | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|----------------|----------|------------|--------------|----------|-------------|-------------|------------|-------|---------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | km | Time | | | | | |
| 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 |