



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jörn Hesse

Club: Delligser SC  
Number: 193

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 1:58:33

Speed: 12.15 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 25 (of 433)

Rank in course/Men: 24 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 42)

Best time in the category: 1:48:31

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	21:09	5:09	2	1:34	34	4:33	4.10	21:09	5:09	2	1:34	34	4:33
Plessenburg	2.40	11:50	4:55	3	1:23	37	2:41	6.50	32:59	5:04	2	2:57	32	7:14
Oehrenfeld	3.40	13:03	3:50	2	1:22	22	2:08	9.90	46:02	4:38	2	4:19	30	9:22
Ilsestein	4.80	25:39	5:20	3	1:50	30	15:48	14.70	1:11:41	4:52	2	6:09	27	15:06
Plessenburg	2.30	12:34	5:27	3	1:08	28	2:56	17.00	1:24:15	4:57	2	7:17	25	18:02
Oehrenfeld	3.40	13:57	4:06	2	1:08	27	2:36	20.40	1:38:12	4:48	2	8:25	25	20:38
Ilseburg/Markt	4.50	20:21	4:31	3	1:37	18	3:35	24.90	1:58:33	4:45	2	10:02	24	24:13