



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steven Lambeck

Club: Brockenlaufverein
Number: 27

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:02:40

Speed: 11.74 km/h
Running performance: 4:55 min/km

Rank in course/Total: 35 (of 433)

Rank in course/Men: 32 (of 351)

Best time in course: 1:34:20

Rank in category: 4(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	21:32	5:15	3	1:57	36	4:56	4.10	21:32	5:15	3	1:57	36	4:56
Plessenburg	2.40	12:03	5:01	6	1:36	46	2:54	6.50	33:35	5:10	4	3:33	40	7:50
Oehrenfeld	3.40	14:02	4:07	3	2:21	45	3:07	9.90	47:37	4:48	3	5:54	38	10:57
Ilsestein	4.80	26:09	5:26	5	2:20	36	16:18	14.70	1:13:46	5:01	4	8:14	37	17:11
Plessenburg	2.30	12:40	5:30	5	1:14	30	3:02	17.00	1:26:26	5:05	4	9:28	34	20:13
Oehrenfeld	3.40	14:23	4:13	4	1:34	32	3:02	20.40	1:40:49	4:56	4	11:02	33	23:15
Ilseburg/Markt	4.50	21:51	4:51	5	3:07	36	5:05	24.90	2:02:40	4:55	4	14:09	32	28:20