



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Reinecke

Number: 24

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:05:31

Speed: 11.47 km/h
Running performance: 5:02 min/km

Rank in course/Total: 43 (of 433)

Rank in course/Men: 39 (of 351)

Best time in course: 1:34:20

Rank in category: 5(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	21:56	5:20	5	2:21	45	5:20	4.10	21:56	5:20	5	2:21	45	5:20
Plessenburg	2.40	11:58	4:59	5	1:31	42	2:49	6.50	33:54	5:12	6	3:52	45	8:09
Oehrenfeld	3.40	14:21	4:13	6	2:40	63	3:26	9.90	48:15	4:52	6	6:32	45	11:35
Ilsestein	4.80	26:01	5:25	4	2:12	32	16:10	14.70	1:14:16	5:03	5	8:44	42	17:41
Plessenburg	2.30	12:39	5:30	4	1:13	29	3:01	17.00	1:26:55	5:06	5	9:57	36	20:42
Oehrenfeld	3.40	15:08	4:27	6	2:19	52	3:47	20.40	1:42:03	5:00	5	12:16	35	24:29
Ilseburg/Markt	4.50	23:28	5:12	9	4:44	72	6:42	24.90	2:05:31	5:02	5	17:00	39	31:11