



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Kai Dohnalek

Number: 93

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:05:45

Speed: 11.45 km/h
Running performance: 5:03 min/km

Rank in course/Total: 44 (of 433)

Rank in course/Men: 40 (of 351)

Best time in course: 1:34:20

Rank in category: 6(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	21:54	5:20	4	2:19	44	5:18	4.10	21:54	5:20	4	2:19	44	5:18
Plessenburg	2.40	11:54	4:57	4	1:27	39	2:45	6.50	33:48	5:11	5	3:46	42	8:03
Oehrenfeld	3.40	14:18	4:12	5	2:37	59	3:23	9.90	48:06	4:51	5	6:23	43	11:26
Ilsestein	4.80	26:32	5:31	6	2:43	40	16:41	14.70	1:14:38	5:04	6	9:06	45	18:03
Plessenburg	2.30	13:14	5:45	6	1:48	38	3:36	17.00	1:27:52	5:10	6	10:54	41	21:39
Oehrenfeld	3.40	15:07	4:26	5	2:18	49	3:46	20.40	1:42:59	5:02	6	13:12	40	25:25
Ilseburg/Markt	4.50	22:46	5:03	6	4:02	49	6:00	24.90	2:05:45	5:03	6	17:14	40	31:25