



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Henning Leppek

Club: Tinum66  
Number: 275

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 2:07:31

Speed: 11.29 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 51 (of 433)

Rank in course/Men: 46 (of 351)

Best time in course: 1:34:20

Rank in category: 7(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	24:03	5:51	8	4:28	81	7:27	4.10	24:03	5:51	8	4:28	81	7:27
Plessenburg	2.40	12:11	5:04	7	1:44	51	3:02	6.50	36:14	5:34	7	6:12	68	10:29
Oehrenfeld	3.40	14:32	4:16	7	2:51	68	3:37	9.90	50:46	5:07	7	9:03	68	14:06
Ilsestein	4.80	26:51	5:35	7	3:02	45	17:00	14.70	1:17:37	5:16	7	12:05	55	21:02
Plessenburg	2.30	13:32	5:53	7	2:06	48	3:54	17.00	1:31:09	5:21	7	14:11	51	24:56
Oehrenfeld	3.40	15:20	4:30	7	2:31	59	3:59	20.40	1:46:29	5:13	7	16:42	51	28:55
Ilseburg/Markt	4.50	21:02	4:40	4	2:18	24	4:16	24.90	2:07:31	5:07	7	19:00	46	33:11