



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dirk Junski

Number: 215

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:21:36

Speed: 10.17 km/h

Running performance: 5:41 min/km

Rank in course/Total: 119 (of 433)

Rank in course/Men: 107 (of 351)

Best time in course: 1:34:20

Rank in category: 10(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Ilsestein	4.10	24:44	6:01	9	5:09	99	8:08	4.10	24:44	6:01	9	5:09	99	8:08
Plessenburg	2.40	14:11	5:54	17	3:44	139	5:02	6.50	38:55	5:59	10	8:53	110	13:10
Oehrenfeld	3.40	16:08	4:44	10	4:27	130	5:13	9.90	55:03	5:33	10	13:20	113	18:23
Ilsestein	4.80	30:27	6:20	12	6:38	112	20:36	14.70	1:25:30	5:48	11	19:58	111	28:55
Plessenburg	2.30	15:27	6:43	12	4:01	122	5:49	17.00	1:40:57	5:56	11	23:59	108	34:44
Oehrenfeld	3.40	17:18	5:05	16	4:29	158	5:57	20.40	1:58:15	5:47	12	28:28	114	40:41
Ilseburg/Markt	4.50	23:21	5:11	8	4:37	67	6:35	24.90	2:21:36	5:41	10	33:05	107	47:16