



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rolf Müller

Number: 313

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:22:09

Speed: 10.13 km/h
Running performance: 5:42 min/km

Rank in course/Total: 121 (of 433)

Rank in course/Men: 109 (of 351)

Best time in course: 1:34:20

Rank in category: 11(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	25:44	6:16	13	6:09	131	9:08	4.10	25:44	6:16	13	6:09	131	9:08
Plessenburg	2.40	14:18	5:57	18	3:51	151	5:09	6.50	40:02	6:09	15	10:00	136	14:17
Oehrenfeld	3.40	17:43	5:12	23	6:02	224	6:48	9.90	57:45	5:49	16	16:02	158	21:05
Ilsestein	4.80	29:54	6:13	11	6:05	95	20:03	14.70	1:27:39	5:57	13	22:07	135	31:04
Plessenburg	2.30	15:06	6:33	11	3:40	101	5:28	17.00	1:42:45	6:02	13	25:47	129	36:32
Oehrenfeld	3.40	15:27	4:32	8	2:38	62	4:06	20.40	1:58:12	5:47	11	28:25	113	40:38
Ilseburg/Markt	4.50	23:57	5:19	10	5:13	91	7:11	24.90	2:22:09	5:42	11	33:38	109	47:49