



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ingo von Reeken

Number: 469

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:33:58

Speed: 9.35 km/h

Running performance: 6:11 min/km

Rank in course/Total: 200 (of 433)

Rank in course/Men: 180 (of 351)

Best time in course: 1:34:20

Rank in category: 16(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	14:01	5:50	13	3:34	127	4:52	6.50	39:45	6:06	14	9:43	129	14:00
Oehrenfeld	3.40	17:29	5:08	21	5:48	210	6:34	9.90	57:14	5:46	15	15:31	146	20:34
Ilsestein	4.80	32:37	6:47	15	8:48	178	22:46	14.70	1:29:51	6:06	16	24:19	158	33:16
Plessenburg	2.30	16:14	7:03	15	4:48	160	6:36	17.00	1:46:05	6:14	15	29:07	157	39:52
Oehrenfeld	3.40	17:52	5:15	18	5:03	185	6:31	20.40	2:03:57	6:04	16	34:10	160	46:23
Ilseburg/Markt	4.50	30:01	6:40	26	11:17	246	13:15	24.90	2:33:58	6:11	16	45:27	180	59:38