



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Michael Schöнау

Number: 387

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:34:16

Speed: 9.33 km/h
Running performance: 6:11 min/km

Rank in course/Total: 208 (of 433)

Rank in course/Men: 187 (of 351)

Best time in course: 1:34:20

Rank in category: 17(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	25:36	6:14	12	6:01	128	9:00	4.10	25:36	6:14	12	6:01	128	9:00
Plessenburg	2.40	13:52	5:46	11	3:25	118	4:43	6.50	39:28	6:04	13	9:26	127	13:43
Oehrenfeld	3.40	16:20	4:48	12	4:39	145	5:25	9.90	55:48	5:38	13	14:05	124	19:08
Ilsestein	4.80	35:18	7:21	22	11:29	239	25:27	14.70	1:31:06	6:11	17	25:34	174	34:31
Plessenburg	2.30	17:28	7:35	20	6:02	223	7:50	17.00	1:48:34	6:23	17	31:36	183	42:21
Oehrenfeld	3.40	18:12	5:21	20	5:23	199	6:51	20.40	2:06:46	6:12	17	36:59	187	49:12
Ilseburg/Markt	4.50	27:30	6:06	16	8:46	182	10:44	24.90	2:34:16	6:11	17	45:45	187	59:56