



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tino Gartz

Number: 138

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:37:12

Speed: 9.16 km/h
Running performance: 6:18 min/km

Rank in course/Total: 220 (of 433)

Rank in course/Men: 199 (of 351)

Best time in course: 1:34:20

Rank in category: 18(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	27:16	6:39	19	7:41	180	10:40	4.10	27:16	6:39	19	7:41	180	10:40	
Plessenburg	2.40	14:07	5:52	16	3:40	134	4:58	6.50	41:23	6:21	19	11:21	166	15:38	
Oehrenfeld	3.40	16:27	4:50	13	4:46	153	5:32	9.90	57:50	5:50	17	16:07	159	21:10	
Ilsestein	4.80	34:35	7:12	19	10:46	222	24:44	14.70	1:32:25	6:17	18	26:53	193	35:50	
Plessenburg	2.30	18:58	8:14	28	7:32	276	9:20	17.00	1:51:23	6:33	18	34:25	204	45:10	
Oehrenfeld	3.40	17:28	5:08	17	4:39	165	6:07	20.40	2:08:51	6:18	18	39:04	201	51:17	
Ilseburg/Markt	4.50	28:21	6:18	19	9:37	202	11:35	24.90	2:37:12	6:18	18	48:41	199	1:02:52	