



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dirk Schmidt

Number: 381

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:38:03

Speed: 9.11 km/h

Running performance: 6:20 min/km

Rank in course/Total: 223 (of 433)

Rank in course/Men: 200 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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 ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	28:04	6:50	22	8:29	212	11:28	4.10	28:04	6:50	22	8:29	212	11:28
Plessenburg	2.40	15:31	6:27	23	5:04	219	6:22	6.50	43:35	6:42	21	13:33	211	17:50
Oehrenfeld	3.40	17:30	5:08	22	5:49	213	6:35	9.90	1:01:05	6:10	21	19:22	213	24:25
Ilsestein	4.80	33:46	7:02	17	9:57	204	23:55	14.70	1:34:51	6:27	19	29:19	208	38:16
Plessenburg	2.30	17:25	7:34	18	5:59	221	7:47	17.00	1:52:16	6:36	19	35:18	208	46:03
Oehrenfeld	3.40	16:58	4:59	11	4:09	134	5:37	20.40	2:09:14	6:20	19	39:27	204	51:40
Ilseburg/Markt	4.50	28:49	6:24	20	10:05	218	12:03	24.90	2:38:03	6:20	19	49:32	200	1:03:43