



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Stengel

Club: KaMaToMi
Number: 423

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:42:44

Speed: 8.85 km/h
Running performance: 6:32 min/km

Rank in course/Total: 256 (of 433)

Rank in course/Men: 225 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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	29:01	7:04	26	9:26	246	12:25	4.10	29:01	7:04	26	9:26	246	12:25
Plessenburg	2.40	15:29	6:27	22	5:02	215	6:20	6.50	44:30	6:50	24	14:28	234	18:45
Oehrenfeld	3.40	17:16	5:04	16	5:35	191	6:21	9.90	1:01:46	6:14	23	20:03	224	25:06
Ilsestein	4.80	35:06	7:18	21	11:17	232	25:15	14.70	1:36:52	6:35	22	31:20	225	40:17
Plessenburg	2.30	17:45	7:43	22	6:19	238	8:07	17.00	1:54:37	6:44	21	37:39	225	48:24
Oehrenfeld	3.40	18:41	5:29	22	5:52	209	7:20	20.40	2:13:18	6:32	21	43:31	223	55:44
Ilseburg/Markt	4.50	29:26	6:32	21	10:42	226	12:40	24.90	2:42:44	6:32	20	54:13	225	1:08:24