



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sven Zander

Number: 506

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:43:29

Speed: 8.81 km/h
Running performance: 6:33 min/km

Rank in course/Total: 259 (of 433)

Rank in course/Men: 228 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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	28:59	7:04	25	9:24	245	12:23	4.10	28:59	7:04	25	9:24	245	12:23
Plessenburg	2.40	16:43	6:57	26	6:16	272	7:34	6.50	45:42	7:01	26	15:40	256	19:57
Oehrenfeld	3.40	19:13	5:39	30	7:32	274	8:18	9.90	1:04:55	6:33	26	23:12	262	28:15
Ilsestein	4.80	34:09	7:06	18	10:20	211	24:18	14.70	1:39:04	6:44	23	33:32	243	42:29
Plessenburg	2.30	17:47	7:43	23	6:21	240	8:09	17.00	1:56:51	6:52	23	39:53	238	50:38
Oehrenfeld	3.40	19:01	5:35	24	6:12	218	7:40	20.40	2:15:52	6:39	23	46:05	237	58:18
Ilseburg/Markt	4.50	27:37	6:08	17	8:53	184	10:51	24.90	2:43:29	6:33	21	54:58	228	1:09:09