



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Marco Syring

Number: 437

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:44:30

Speed: 8.75 km/h

Running performance: 6:36 min/km

Rank in course/Total: 271 (of 433)

Rank in course/Men: 237 (of 351)

Best time in course: 1:34:20

Rank in category: 22(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 | | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|----------------|----------|------------|--------------|----------|-------------|-------------|------------|----------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | | | | |
| Ilsestein | 4.10 | 28:39 | 6:59 | 24 | 9:04 | 234 | 12:03 | 4.10 | 28:39 | 6:59 | 24 | 9:04 | 234 | 12:03 |
| Plessenburg | 2.40 | 15:24 | 6:25 | 21 | 4:57 | 208 | 6:15 | 6.50 | 44:03 | 6:46 | 22 | 14:01 | 222 | 18:18 |
| Oehrenfeld | 3.40 | 17:19 | 5:05 | 17 | 5:38 | 194 | 6:24 | 9.90 | 1:01:22 | 6:11 | 22 | 19:39 | 219 | 24:42 |
| Ilsestein | 4.80 | 34:51 | 7:15 | 20 | 11:02 | 228 | 25:00 | 14.70 | 1:36:13 | 6:32 | 21 | 30:41 | 219 | 39:38 |
| Plessenburg | 2.30 | 16:55 | 7:21 | 17 | 5:29 | 191 | 7:17 | 17.00 | 1:53:08 | 6:39 | 20 | 36:10 | 211 | 46:55 |
| Oehrenfeld | 3.40 | 18:04 | 5:18 | 19 | 5:15 | 195 | 6:43 | 20.40 | 2:11:12 | 6:25 | 20 | 41:25 | 209 | 53:38 |
| Ilseburg/Markt | 4.50 | 33:18 | 7:23 | 32 | 14:34 | 294 | 16:32 | 24.90 | 2:44:30 | 6:36 | 22 | 55:59 | 237 | 1:10:10 |