



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ingo Stroer

Number: 433

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:47:30

Speed: 8.60 km/h
Running performance: 6:43 min/km

Rank in course/Total: 285 (of 433)

Rank in course/Men: 248 (of 351)

Best time in course: 1:34:20

Rank in category: 23(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	27:54	6:48	21	8:19	208	11:18	4.10	27:54	6:48	21	8:19	208	11:18
Plessenburg	2.40	16:11	6:44	24	5:44	248	7:02	6.50	44:05	6:46	23	14:03	225	18:20
Oehrenfeld	3.40	18:13	5:21	26	6:32	244	7:18	9.90	1:02:18	6:17	24	20:35	228	25:38
Ilsestein	4.80	36:51	7:40	26	13:02	266	27:00	14.70	1:39:09	6:44	24	33:37	247	42:34
Plessenburg	2.30	18:25	8:00	27	6:59	259	8:47	17.00	1:57:34	6:54	24	40:36	245	51:21
Oehrenfeld	3.40	20:22	5:59	31	7:33	272	9:01	20.40	2:17:56	6:45	25	48:09	250	1:00:22
Ilseburg/Markt	4.50	29:34	6:34	23	10:50	230	12:48	24.90	2:47:30	6:43	23	58:59	248	1:13:10