



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Markus Harzer

Number: 174

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:48:18

Speed: 8.56 km/h

Running performance: 6:45 min/km

Rank in course/Total: 292 (of 433)

Rank in course/Men: 254 (of 351)

Best time in course: 1:34:20

Rank in category: 26(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	27:21	6:40	20	7:46	185	10:45	4.10	27:21	6:40	20	7:46	185	10:45
Plessenburg	2.40	14:42	6:07	19	4:15	175	5:33	6.50	42:03	6:28	20	12:01	179	16:18
Oehrenfeld	3.40	17:25	5:07	19	5:44	206	6:30	9.90	59:28	6:00	20	17:45	189	22:48
Ilsestein	4.80	36:29	7:36	25	12:40	263	26:38	14.70	1:35:57	6:31	20	30:25	215	39:22
Plessenburg	2.30	19:12	8:20	29	7:46	279	9:34	17.00	1:55:09	6:46	22	38:11	229	48:56
Oehrenfeld	3.40	19:53	5:50	28	7:04	250	8:32	20.40	2:15:02	6:37	22	45:15	235	57:28
Ilseburg/Markt	4.50	33:16	7:23	31	14:32	293	16:30	24.90	2:48:18	6:45	26	59:47	254	1:13:58