



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Michael Fürer

Number: 136

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 2:50:52

Speed: 8.43 km/h

Running performance: 6:51 min/km

Rank in course/Total: 303 (of 433)

Rank in course/Men: 262 (of 351)

Best time in course: 1:34:20

Rank in category: 27(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	30:16	7:22	29	10:41	279	13:40	4.10	30:16	7:22	29	10:41	279	13:40
Plessenburg	2.40	16:55	7:02	28	6:28	280	7:46	6.50	47:11	7:15	28	17:09	279	21:26
Oehrenfeld	3.40	19:11	5:38	29	7:30	273	8:16	9.90	1:06:22	6:42	29	24:39	285	29:42
Ilsestein	4.80	37:42	7:51	28	13:53	277	27:51	14.70	1:44:04	7:04	30	38:32	280	47:29
Plessenburg	2.30	17:49	7:44	24	6:23	241	8:11	17.00	2:01:53	7:10	29	44:55	276	55:40
Oehrenfeld	3.40	19:11	5:38	26	6:22	224	7:50	20.40	2:21:04	6:54	27	51:17	268	1:03:30
Ilseburg/Markt	4.50	29:48	6:37	25	11:04	240	13:02	24.90	2:50:52	6:51	27	1:02:21	262	1:16:32