



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ingmar Koch

Club: Mountain Men Essinghausen
Number: 237

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:52:37

Speed: 8.34 km/h
Running performance: 6:55 min/km

Rank in course/Total: 313 (of 433)

Rank in course/Men: 268 (of 351)

Best time in course: 1:34:20

Rank in category: 28(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	31:16	7:37	33	11:41	297	14:40	4.10	31:16	7:37	33	11:41	297	14:40
Plessenburg	2.40	16:58	7:04	29	6:31	282	7:49	6.50	48:14	7:25	33	18:12	292	22:29
Oehrenfeld	3.40	20:06	5:54	35	8:25	308	9:11	9.90	1:08:20	6:54	32	26:37	291	31:40
Ilsestein	4.80	35:42	7:26	24	11:53	249	25:51	14.70	1:44:02	7:04	29	38:30	279	47:27
Plessenburg	2.30	17:30	7:36	21	6:04	228	7:52	17.00	2:01:32	7:08	27	44:34	270	55:19
Oehrenfeld	3.40	21:19	6:16	33	8:30	289	9:58	20.40	2:22:51	7:00	28	53:04	274	1:05:17
Ilseburg/Markt	4.50	29:46	6:36	24	11:02	237	13:00	24.90	2:52:37	6:55	28	1:04:06	268	1:18:17