



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Enrico Kurecki

Number: 264

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:55:12

Speed: 8.22 km/h
Running performance: 7:02 min/km

Rank in course/Total: 323 (of 433)

Rank in course/Men: 276 (of 351)

Best time in course: 1:34:20

Rank in category: 29(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	26:30	6:27	17	6:55	154	9:54	4.10	26:30	6:27	17	6:55	154	9:54
Plessenburg	2.40	14:05	5:52	14	3:38	132	4:56	6.50	40:35	6:14	16	10:33	144	14:50
Oehrenfeld	3.40	17:26	5:07	20	5:45	207	6:31	9.90	58:01	5:51	18	16:18	166	21:21
Ilsestein	4.80	43:40	9:05	39	19:51	338	33:49	14.70	1:41:41	6:55	26	36:09	263	45:06
Plessenburg	2.30	20:05	8:43	32	8:39	292	10:27	17.00	2:01:46	7:09	28	44:48	274	55:33
Oehrenfeld	3.40	23:08	6:48	36	10:19	313	11:47	20.40	2:24:54	7:06	29	55:07	280	1:07:20
Ilseburg/Markt	4.50	30:18	6:44	27	11:34	253	13:32	24.90	2:55:12	7:02	29	1:06:41	276	1:20:52