



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Oliver Marx

Number: 292

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 2:58:11

Speed: 8.08 km/h  
Running performance: 7:09 min/km

Rank in course/Total: 333 (of 433)

Rank in course/Men: 281 (of 351)

Best time in course: 1:34:20

Rank in category: 30(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	31:25	7:39	35	302	11:50	14:49	4.10	31:25	7:39	35	302	11:50	14:49
Plessenburg	2.40	18:03	7:31	36	312	7:36	8:54	6.50	49:28	7:36	35	308	19:26	23:43
Oehrenfeld	3.40	20:13	5:56	36	311	8:32	9:18	9.90	1:09:41	7:02	35	308	27:58	33:01
Ilsestein	4.80	38:53	8:06	31	289	15:04	29:02	14.70	1:48:34	7:23	33	301	43:02	51:59
Plessenburg	2.30	19:28	8:27	30	283	8:02	9:50	17.00	2:08:02	7:31	33	299	51:04	1:01:49
Oehrenfeld	3.40	19:51	5:50	27	248	7:02	8:30	20.40	2:27:53	7:14	31	289	58:06	1:10:19
Ilseburg/Markt	4.50	30:18	6:44	27	253	11:34	13:32	24.90	2:58:11	7:09	30	281	1:09:40	1:23:51