



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