



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

René Holenburg

Number: 200

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:58:47

Speed: 8.05 km/h

Running performance: 7:10 min/km

Rank in course/Total: 335 (of 433)

Rank in course/Men: 282 (of 351)

Best time in course: 1:34:20

Rank in category: 31(of 42)

Best time in the category: 1:48:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	30:52	7:31	31	11:17	291	14:16	4.10	30:52	7:31	31	11:17	291	14:16
Plessenburg	2.40	17:12	7:10	31	6:45	291	8:03	6.50	48:04	7:23	31	18:02	288	22:19
Oehrenfeld	3.40	17:54	5:15	24	6:13	233	6:59	9.90	1:05:58	6:39	28	24:15	276	29:18
Ilsestein	4.80	38:58	8:07	32	15:09	291	29:07	14.70	1:44:56	7:08	31	39:24	288	48:21
Plessenburg	2.30	19:53	8:38	31	8:27	288	10:15	17.00	2:04:49	7:20	30	47:51	284	58:36
Oehrenfeld	3.40	20:22	5:59	31	7:33	272	9:01	20.40	2:25:11	7:07	30	55:24	282	1:07:37
Ilseburg/Markt	4.50	33:36	7:28	33	14:52	296	16:50	24.90	2:58:47	7:10	31	1:10:16	282	1:24:27