



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Bernd Röth

Number: 359

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:58:58

Speed: 8.05 km/h
Running performance: 7:11 min/km

Rank in course/Total: 337 (of 433)

Rank in course/Men: 284 (of 351)

Best time in course: 1:34:20

Rank in category: 32(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	34:21	8:22	39	14:46	329	17:45	4.10	34:21	8:22	39	14:46	329	17:45
Plessenburg	2.40	17:52	7:26	35	7:25	308	8:43	6.50	52:13	8:01	36	22:11	323	26:28
Oehrenfeld	3.40	20:33	6:02	38	8:52	319	9:38	9.90	1:12:46	7:21	38	31:03	325	36:06
Ilsestein	4.80	38:30	8:01	30	14:41	283	28:39	14.70	1:51:16	7:34	36	45:44	313	54:41
Plessenburg	2.30	17:54	7:46	25	6:28	244	8:16	17.00	2:09:10	7:35	34	52:12	304	1:02:57
Oehrenfeld	3.40	20:17	5:57	30	7:28	270	8:56	20.40	2:29:27	7:19	32	59:40	294	1:11:53
Ilseburg/Markt	4.50	29:31	6:33	22	10:47	228	12:45	24.90	2:58:58	7:11	32	1:10:27	284	1:24:38