



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Lars Dietrich

Number: 89

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 3:08:03

Speed: 7.66 km/h
Running performance: 7:33 min/km

Rank in course/Total: 370 (of 433)

Rank in course/Men: 306 (of 351)

Best time in course: 1:34:20

Rank in category: 34(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	30:15	7:22	28	10:40	277	13:39	4.10	30:15	7:22	28	10:40	277	13:39
Plessenburg	2.40	17:33	7:18	32	7:06	299	8:24	6.50	47:48	7:21	29	17:46	284	22:03
Oehrenfeld	3.40	21:07	6:12	39	9:26	330	10:12	9.90	1:08:55	6:57	33	27:12	299	32:15
Ilsestein	4.80	38:23	7:59	29	14:34	281	28:32	14.70	1:47:18	7:17	32	41:46	296	50:43
Plessenburg	2.30	20:20	8:50	33	8:54	300	10:42	17.00	2:07:38	7:30	32	50:40	296	1:01:25
Oehrenfeld	3.40	24:49	7:17	40	12:00	331	13:28	20.40	2:32:27	7:28	34	1:02:40	304	1:14:53
Ilseburg/Markt	4.50	35:36	7:54	37	16:52	315	18:50	24.90	3:08:03	7:33	34	1:19:32	306	1:33:43