



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Frank Görlich

Number: 153

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 3:13:01

Speed: 7.46 km/h  
Running performance: 7:45 min/km

Rank in course/Total: 387 (of 433)

Rank in course/Men: 319 (of 351)

Best time in course: 1:34:20

Rank in category: 37(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     | 32:55      | 8:01         | 37          | 13:20       | 321     | 16:19      | 4.10          | 32:55      | 8:01         | 37       | 13:20       | 321     | 16:19      |
| Plessenburg        | 2.40     | 20:09      | 8:23         | 39          | 9:42        | 342     | 11:00      | 6.50          | 53:04      | 8:09         | 38       | 23:02       | 327     | 27:19      |
| Oehrenfeld         | 3.40     | 19:39      | 5:46         | 33          | 7:58        | 290     | 8:44       | 9.90          | 1:12:43    | 7:20         | 37       | 31:00       | 323     | 36:03      |
| Ilsestein          | 4.80     | 42:29      | 8:51         | 37          | 18:40       | 329     | 32:38      | 14.70         | 1:55:12    | 7:50         | 38       | 49:40       | 327     | 58:37      |
| Plessenburg        | 2.30     | 21:44      | 9:26         | 37          | 10:18       | 328     | 12:06      | 17.00         | 2:16:56    | 8:03         | 38       | 59:58       | 326     | 1:10:43    |
| Oehrenfeld         | 3.40     | 19:58      | 5:52         | 29          | 7:09        | 257     | 8:37       | 20.40         | 2:36:54    | 7:41         | 37       | 1:07:07     | 319     | 1:19:20    |
| Ilseburg/Markt     | 4.50     | 36:07      | 8:01         | 38          | 17:23       | 321     | 19:21      | 24.90         | 3:13:01    | 7:45         | 37       | 1:24:30     | 319     | 1:38:41    |