



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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
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