



# 53. Brockenlauf

Ilseburg / 07.09.2024

## Detailed evaluation

**Michael Mayer**

Club: KaMaToMi  
Number: 296

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 3:15:17

Speed: 7.37 km/h  
Running performance: 7:50 min/km

Rank in course/Total: 393 (of 433)

Rank in course/Men: 324 (of 351)

Best time in course: 1:34:20

Rank in category: 38(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	32:25	7:54	36	12:50	312	15:49	4.10	32:25	7:54	36	12:50	312	15:49
Plessenburg	2.40	20:40	8:36	41	10:13	347	11:31	6.50	53:05	8:10	39	23:03	329	27:20
Oehrenfeld	3.40	21:11	6:13	40	9:30	331	10:16	9.90	1:14:16	7:30	39	32:33	330	37:36
Ilsestein	4.80	40:14	8:22	34	16:25	310	30:23	14.70	1:54:30	7:47	37	48:58	324	57:55
Plessenburg	2.30	21:13	9:13	36	9:47	320	11:35	17.00	2:15:43	7:59	37	58:45	319	1:09:30
Oehrenfeld	3.40	24:15	7:07	39	11:26	326	12:54	20.40	2:39:58	7:50	38	1:10:11	326	1:22:24
Ilseburg/Markt	4.50	35:19	7:50	35	16:35	311	18:33	24.90	3:15:17	7:50	38	1:26:46	324	1:40:57