



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Gert Zitzmann

Number: 518

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 3:15:36

Speed: 7.36 km/h

Running performance: 7:51 min/km

Rank in course/Total: 394 (of 433)

Rank in course/Men: 325 (of 351)

Best time in course: 1:34:20

Rank in category: 39(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	35:35	8:40	41	16:00	339	18:59	4.10	35:35	8:40	41	16:00	339	18:59
Plessenburg	2.40	19:16	8:01	37	8:49	332	10:07	6.50	54:51	8:26	40	24:49	340	29:06
Oehrenfeld	3.40	17:19	5:05	17	5:38	194	6:24	9.90	1:12:10	7:17	36	30:27	321	35:30
Ilsestein	4.80	48:01	10:00	41	24:12	347	38:10	14.70	2:00:11	8:10	40	54:39	343	1:03:36
Plessenburg	2.30	24:32	10:40	41	13:06	339	14:54	17.00	2:24:43	8:30	40	1:07:45	339	1:18:30
Oehrenfeld	3.40	18:56	5:34	23	6:07	217	7:35	20.40	2:43:39	8:01	40	1:13:52	334	1:26:05
Ilseburg/Markt	4.50	31:57	7:05	30	13:13	275	15:11	24.90	3:15:36	7:51	39	1:27:05	325	1:41:16