



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jörg Brüchner

Club: FairPlay Berlin
Number: 62

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 1:58:23

Speed: 12.16 km/h
Running performance: 4:45 min/km

Rank in course/Total: 24 (of 433)

Rank in course/Men: 23 (of 351)

Best time in course: 1:34:20

Rank in category: 1(of 49)

Best time in the category: 1:58:23

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	20:47	5:04	1	-	31	4:11	4.10	20:47	5:04	1	-	31	4:11
Plessenburg	2.40	11:30	4:47	1	-	26	2:21	6.50	32:17	4:58	1	-	29	6:32
Oehrenfeld	3.40	13:26	3:57	2	0:10	33	2:31	9.90	45:43	4:37	1	-	28	9:03
Ilsestein	4.80	25:32	5:19	1	-	29	15:41	14.70	1:11:15	4:50	1	-	26	14:40
Plessenburg	2.30	12:26	5:24	1	-	24	2:48	17.00	1:23:41	4:55	1	-	24	17:28
Oehrenfeld	3.40	13:47	4:03	1	-	22	2:26	20.40	1:37:28	4:46	1	-	23	19:54
Ilseburg/Markt	4.50	20:55	4:38	1	-	22	4:09	24.90	1:58:23	4:45	1	-	23	24:03