



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Grosser

Club: AP Racing Team Apolda
Number: 530

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:04:37

Speed: 11.56 km/h
Running performance: 5:00 min/km

Rank in course/Total: 38 (of 433)

Rank in course/Men: 34 (of 351)

Best time in course: 1:34:20

Rank in category: 2(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	21:52	5:20	2	1:05	43	5:16	4.10	21:52	5:20	2	1:05	43	5:16
Plessenburg	2.40	11:57	4:58	2	0:27	41	2:48	6.50	33:49	5:12	2	1:32	44	8:04
Oehrenfeld	3.40	14:25	4:14	4	1:09	64	3:30	9.90	48:14	4:52	2	2:31	44	11:34
Ilsestein	4.80	27:15	5:40	3	1:43	48	17:24	14.70	1:15:29	5:08	2	4:14	48	18:54
Plessenburg	2.30	12:59	5:38	2	0:33	36	3:21	17.00	1:28:28	5:12	2	4:47	43	22:15
Oehrenfeld	3.40	14:26	4:14	3	0:39	34	3:05	20.40	1:42:54	5:02	2	5:26	39	25:20
Ilseburg/Markt	4.50	21:43	4:49	2	0:48	34	4:57	24.90	2:04:37	5:00	2	6:14	34	30:17