



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Hans-Joachim Kuba

Number: 263

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:05:01

Speed: 11.52 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 40 (of 433)

Rank in course/Men: 36 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 49)

Best time in the category: 1:58:23

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	22:30	5:29	5	1:43	54	5:54	4.10	22:30	5:29	5	1:43	54	5:54
Plessenburg	2.40	12:17	5:07	4	0:47	53	3:08	6.50	34:47	5:21	4	2:30	53	9:02
Oehrenfeld	3.40	13:56	4:05	3	0:40	40	3:01	9.90	48:43	4:55	4	3:00	50	12:03
Ilsestein	4.80	26:49	5:35	2	1:17	44	16:58	14.70	1:15:32	5:08	3	4:17	49	18:57
Plessenburg	2.30	13:06	5:41	3	0:40	37	3:28	17.00	1:28:38	5:12	3	4:57	45	22:25
Oehrenfeld	3.40	14:24	4:14	2	0:37	33	3:03	20.40	1:43:02	5:03	3	5:34	41	25:28
Ilseburg/Markt	4.50	21:59	4:53	3	1:04	38	5:13	24.90	2:05:01	5:01	3	6:38	36	30:41