



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Jürgen Klemme

Club: LG TuS Lügde
Number: 227

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:08:11

Speed: 11.23 km/h
Running performance: 5:08 min/km

Rank in course/Total: 55 (of 433)

Rank in course/Men: 49 (of 351)

Best time in course: 1:34:20

Rank in category: 4(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	22:24	5:27	3	1:37	49	5:48	4.10	22:24	5:27	3	1:37	49	5:48
Plessenburg	2.40	12:01	5:00	3	0:31	45	2:52	6.50	34:25	5:17	3	2:08	48	8:40
Oehrenfeld	3.40	14:40	4:18	5	1:24	74	3:45	9.90	49:05	4:57	5	3:22	53	12:25
Ilsestein	4.80	27:20	5:41	4	1:48	49	17:29	14.70	1:16:25	5:11	4	5:10	52	19:50
Plessenburg	2.30	13:34	5:53	5	1:08	50	3:56	17.00	1:29:59	5:17	4	6:18	50	23:46
Oehrenfeld	3.40	15:18	4:30	6	1:31	58	3:57	20.40	1:45:17	5:09	4	7:49	49	27:43
Ilseburg/Markt	4.50	22:54	5:05	4	1:59	54	6:08	24.90	2:08:11	5:08	4	9:48	49	33:51