



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

**Volker Trogisch**

Club: VfL 28 Ellrich  
Number: 456

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:11:00

Speed: 10.99 km/h  
Running performance: 5:15 min/km

Rank in course/Total: 64 (of 433)

Rank in course/Men: 56 (of 351)

Best time in course: 1:34:20

Rank in category: 5(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	23:07	5:38	6	2:20	64	6:31	4.10	23:07	5:38	6	2:20	64	6:31
Plessenburg	2.40	12:49	5:20	6	1:19	72	3:40	6.50	35:56	5:31	6	3:39	64	10:11
Oehrenfeld	3.40	15:11	4:27	9	1:55	96	4:16	9.90	51:07	5:09	6	5:24	74	14:27
Ilsestein	4.80	27:35	5:44	5	2:03	53	17:44	14.70	1:18:42	5:21	5	7:27	62	22:07
Plessenburg	2.30	13:29	5:51	4	1:03	47	3:51	17.00	1:32:11	5:25	5	8:30	54	25:58
Oehrenfeld	3.40	15:35	4:35	8	1:48	70	4:14	20.40	1:47:46	5:16	5	10:18	57	30:12
Ilseburg/Markt	4.50	23:14	5:09	6	2:19	65	6:28	24.90	2:11:00	5:15	5	12:37	56	36:40