



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Pusch

Number: 340

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:12:04

Speed: 10.90 km/h

Running performance: 5:18 min/km

Rank in course/Total: 71 (of 433)

Rank in course/Men: 62 (of 351)

Best time in course: 1:34:20

Rank in category: 6(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	24:57	6:05	12	4:10	104	8:21	4.10	24:57	6:05	12	4:10	104	8:21
Plessenburg	2.40	12:38	5:15	5	1:08	65	3:29	6.50	37:35	5:46	9	5:18	90	11:50
Oehrenfeld	3.40	14:58	4:24	7	1:42	87	4:03	9.90	52:33	5:18	8	6:50	89	15:53
Ilsestein	4.80	27:51	5:48	6	2:19	59	18:00	14.70	1:20:24	5:28	7	9:09	76	23:49
Plessenburg	2.30	13:43	5:57	6	1:17	56	4:05	17.00	1:34:07	5:32	6	10:26	70	27:54
Oehrenfeld	3.40	15:03	4:25	4	1:16	48	3:42	20.40	1:49:10	5:21	6	11:42	65	31:36
Ilseburg/Markt	4.50	22:54	5:05	4	1:59	54	6:08	24.90	2:12:04	5:18	6	13:41	62	37:44