



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Harry Evers

Number: 111

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:14:57

Speed: 10.67 km/h

Running performance: 5:25 min/km

Rank in course/Total: 89 (of 433)

Rank in course/Men: 78 (of 351)

Best time in course: 1:34:20

Rank in category: 7(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	22:26	5:28	4	1:39	51	5:50	4.10	22:26	5:28	4	1:39	51	5:50
Plessenburg	2.40	12:55	5:22	7	1:25	77	3:46	6.50	35:21	5:26	5	3:04	59	9:36
Oehrenfeld	3.40	13:16	3:54	1	-	27	2:21	9.90	48:37	4:54	3	2:54	49	11:57
Ilsestein	4.80	30:46	6:24	12	5:14	129	20:55	14.70	1:19:23	5:24	6	8:08	69	22:48
Plessenburg	2.30	15:06	6:33	9	2:40	101	5:28	17.00	1:34:29	5:33	7	10:48	73	28:16
Oehrenfeld	3.40	15:17	4:29	5	1:30	56	3:56	20.40	1:49:46	5:22	7	12:18	70	32:12
Ilseburg/Markt	4.50	25:11	5:35	12	4:16	126	8:25	24.90	2:14:57	5:25	7	16:34	78	40:37