



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Hentsch

Number: 26

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:16:34

Speed: 10.54 km/h
Running performance: 5:29 min/km

Rank in course/Total: 94 (of 433)

Rank in course/Men: 83 (of 351)

Best time in course: 1:34:20

Rank in category: 8(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	24:07	5:52	9	3:20	83	7:31	4.10	24:07	5:52	9	3:20	83	7:31
Plessenburg	2.40	13:15	5:31	8	1:45	94	4:06	6.50	37:22	5:44	8	5:05	86	11:37
Oehrenfeld	3.40	15:34	4:34	10	2:18	108	4:39	9.90	52:56	5:20	9	7:13	95	16:16
Ilsestein	4.80	29:12	6:04	8	3:40	82	19:21	14.70	1:22:08	5:35	9	10:53	90	25:33
Plessenburg	2.30	14:44	6:24	7	2:18	87	5:06	17.00	1:36:52	5:41	9	13:11	86	30:39
Oehrenfeld	3.40	15:47	4:38	10	2:00	78	4:26	20.40	1:52:39	5:31	9	15:11	86	35:05
Ilseburg/Markt	4.50	23:55	5:18	9	3:00	88	7:09	24.90	2:16:34	5:29	8	18:11	83	42:14