



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Bernd Harbart

Number: 172

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:17:38

Speed: 10.46 km/h

Running performance: 5:31 min/km

Rank in course/Total: 100 (of 433)

Rank in course/Men: 88 (of 351)

Best time in course: 1:34:20

Rank in category: 9(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	23:53	5:49	8	3:06	77	7:17	4.10	23:53	5:49	8	3:06	77	7:17
Plessenburg	2.40	13:22	5:34	9	1:52	100	4:13	6.50	37:15	5:43	7	4:58	83	11:30
Oehrenfeld	3.40	15:10	4:27	8	1:54	94	4:15	9.90	52:25	5:17	7	6:42	84	15:45
Ilsestein	4.80	28:45	5:59	7	3:13	76	18:54	14.70	1:21:10	5:31	8	9:55	85	24:35
Plessenburg	2.30	15:13	6:36	11	2:47	109	5:35	17.00	1:36:23	5:40	8	12:42	82	30:10
Oehrenfeld	3.40	15:53	4:40	12	2:06	85	4:32	20.40	1:52:16	5:30	8	14:48	84	34:42
Ilseburg/Markt	4.50	25:22	5:38	13	4:27	134	8:36	24.90	2:17:38	5:31	9	19:15	88	43:18