



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sven Franke

Club: Brockenlaufverein
Number: 127

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:20:00

Speed: 10.29 km/h
Running performance: 5:37 min/km

Rank in course/Total: 110 (of 433)

Rank in course/Men: 98 (of 351)

Best time in course: 1:34:20

Rank in category: 10(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	24:58	6:05	13	4:11	105	8:22	4.10	24:58	6:05	13	4:11	105	8:22
Plessenburg	2.40	13:52	5:46	14	2:22	118	4:43	6.50	38:50	5:58	11	6:33	107	13:05
Oehrenfeld	3.40	15:40	4:36	11	2:24	112	4:45	9.90	54:30	5:30	12	8:47	107	17:50
Ilsestein	4.80	30:58	6:27	13	5:26	135	21:07	14.70	1:25:28	5:48	11	14:13	109	28:53
Plessenburg	2.30	15:39	6:48	13	3:13	132	6:01	17.00	1:41:07	5:56	12	17:26	112	34:54
Oehrenfeld	3.40	15:22	4:31	7	1:35	60	4:01	20.40	1:56:29	5:42	10	19:01	102	38:55
Ilseburg/Markt	4.50	23:31	5:13	7	2:36	75	6:45	24.90	2:20:00	5:37	10	21:37	98	45:40