



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steffen Reuß

Number: 535

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:20:26

Speed: 10.25 km/h

Running performance: 5:38 min/km

Rank in course/Total: 112 (of 433)

Rank in course/Men: 100 (of 351)

Best time in course: 1:34:20

Rank in category: 11(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	25:25	6:11	15	4:38	117	8:49	4.10	25:25	6:11	15	4:38	117	8:49
Plessenburg	2.40	13:46	5:44	12	2:16	113	4:37	6.50	39:11	6:01	15	6:54	116	13:26
Oehrenfeld	3.40	16:25	4:49	18	3:09	152	5:30	9.90	55:36	5:36	14	9:53	121	18:56
Ilsestein	4.80	30:31	6:21	11	4:59	116	20:40	14.70	1:26:07	5:51	13	14:52	117	29:32
Plessenburg	2.30	14:48	6:26	8	2:22	91	5:10	17.00	1:40:55	5:56	11	17:14	107	34:42
Oehrenfeld	3.40	15:49	4:39	11	2:02	81	4:28	20.40	1:56:44	5:43	11	19:16	106	39:10
Ilseburg/Markt	4.50	23:42	5:15	8	2:47	81	6:56	24.90	2:20:26	5:38	11	22:03	100	46:06