



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Olaf Zocher

Number: 520

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:22:15

Speed: 10.12 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 122 (of 433)

Rank in course/Men: 110 (of 351)

Best time in course: 1:34:20

Rank in category: 12(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	25:22	6:11	14	4:35	116	8:46	4.10	25:22	6:11	14	4:35	116	8:46
Plessenburg	2.40	13:44	5:43	11	2:14	111	4:35	6.50	39:06	6:00	14	6:49	114	13:21
Oehrenfeld	3.40	16:30	4:51	19	3:14	155	5:35	9.90	55:36	5:36	14	9:53	121	18:56
Ilsestein	4.80	29:36	6:10	9	4:04	88	19:45	14.70	1:25:12	5:47	10	13:57	104	28:37
Plessenburg	2.30	15:17	6:38	12	2:51	113	5:39	17.00	1:40:29	5:54	10	16:48	104	34:16
Oehrenfeld	3.40	16:16	4:47	14	2:29	101	4:55	20.40	1:56:45	5:43	12	19:17	107	39:11
Ilseburg/Markt	4.50	25:30	5:40	14	4:35	136	8:44	24.90	2:22:15	5:42	12	23:52	110	47:55