



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rolf Zürn

Club: Ekosem-Agrar
Number: 521

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:23:26

Speed: 10.04 km/h
Running performance: 5:45 min/km

Rank in course/Total: 128 (of 433)

Rank in course/Men: 116 (of 351)

Best time in course: 1:34:20

Rank in category: 13(of 49)

Best time in the category: 1:58:23

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	25:29	6:12	17	4:42	122	8:53	4.10	25:29	6:12	17	4:42	122	8:53
Plessenburg	2.40	13:58	5:49	16	2:28	123	4:49	6.50	39:27	6:04	18	7:10	126	13:42
Oehrenfeld	3.40	16:18	4:47	16	3:02	142	5:23	9.90	55:45	5:37	16	10:02	123	19:05
Ilsestein	4.80	30:24	6:19	10	4:52	108	20:33	14.70	1:26:09	5:51	15	14:54	120	29:34
Plessenburg	2.30	15:08	6:34	10	2:42	104	5:30	17.00	1:41:17	5:57	13	17:36	113	35:04
Oehrenfeld	3.40	17:13	5:03	18	3:26	154	5:52	20.40	1:58:30	5:48	13	21:02	116	40:56
Ilseburg/Markt	4.50	24:56	5:32	10	4:01	119	8:10	24.90	2:23:26	5:45	13	25:03	116	49:06