



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Hans Fübbeker

Number: 133

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:29:08

Speed: 9.66 km/h
Running performance: 5:59 min/km

Rank in course/Total: 167 (of 433)

Rank in course/Men: 150 (of 351)

Best time in course: 1:34:20

Rank in category: 16(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	24:56	6:04	11	4:09	103	8:20	4.10	24:56	6:04	11	4:09	103	8:20
Plessenburg	2.40	14:29	6:02	21	2:59	163	5:20	6.50	39:25	6:03	17	7:08	125	13:40
Oehrenfeld	3.40	17:24	5:07	24	4:08	203	6:29	9.90	56:49	5:44	19	11:06	139	20:09
Ilsestein	4.80	31:42	6:36	16	6:10	155	21:51	14.70	1:28:31	6:01	18	17:16	146	31:56
Plessenburg	2.30	17:05	7:25	26	4:39	202	7:27	17.00	1:45:36	6:12	17	21:55	152	39:23
Oehrenfeld	3.40	15:41	4:36	9	1:54	75	4:20	20.40	2:01:17	5:56	17	23:49	138	43:43
Ilseburg/Markt	4.50	27:51	6:11	23	6:56	192	11:05	24.90	2:29:08	5:59	16	30:45	150	54:48