



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Uwe Cherek

Number: 33

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:29:36

Speed: 9.63 km/h
Running performance: 6:00 min/km

Rank in course/Total: 169 (of 433)

Rank in course/Men: 152 (of 351)

Best time in course: 1:34:20

Rank in category: 17(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	25:28	6:12	16	4:41	120	8:52	4.10	25:28	6:12	16	4:41	120	8:52
Plessenburg	2.40	13:51	5:46	13	2:21	116	4:42	6.50	39:19	6:02	16	7:02	120	13:34
Oehrenfeld	3.40	14:44	4:19	6	1:28	76	3:49	9.90	54:03	5:27	11	8:20	104	17:23
Ilsestein	4.80	34:01	7:05	27	8:29	209	24:10	14.70	1:28:04	5:59	16	16:49	139	31:29
Plessenburg	2.30	16:20	7:06	18	3:54	163	6:42	17.00	1:44:24	6:08	16	20:43	138	38:11
Oehrenfeld	3.40	16:47	4:56	16	3:00	122	5:26	20.40	2:01:11	5:56	16	23:43	136	43:37
Ilseburg/Markt	4.50	28:25	6:18	27	7:30	206	11:39	24.90	2:29:36	6:00	17	31:13	152	55:16