



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Frank Zeyn

Number: 8

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:31:00

Speed: 9.54 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 181 (of 433)

Rank in course/Men: 163 (of 351)

Best time in course: 1:34:20

Rank in category: 18(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	25:47	6:17	20	5:00	134	9:11	4.10	25:47	6:17	20	5:00	134	9:11
Plessenburg	2.40	14:07	5:52	17	2:37	134	4:58	6.50	39:54	6:08	19	7:37	134	14:09
Oehrenfeld	3.40	17:22	5:06	23	4:06	201	6:27	9.90	57:16	5:47	20	11:33	147	20:36
Ilsestein	4.80	32:28	6:45	19	6:56	173	22:37	14.70	1:29:44	6:06	19	18:29	156	33:09
Plessenburg	2.30	16:00	6:57	15	3:34	146	6:22	17.00	1:45:44	6:13	18	22:03	155	39:31
Oehrenfeld	3.40	16:58	4:59	17	3:11	134	5:37	20.40	2:02:42	6:00	18	25:14	151	45:08
Ilseburg/Markt	4.50	28:18	6:17	26	7:23	200	11:32	24.90	2:31:00	6:03	18	32:37	163	56:40