



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stefan Hümpel

Club: Straumann Running Team
Number: 205

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:33:29

Speed: 9.38 km/h
Running performance: 6:09 min/km

Rank in course/Total: 196 (of 433)

Rank in course/Men: 176 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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. | Stage score | | Total ranking | | | | | | |
|----------------|----------|------------|--------------|----------|-------------|-------------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Ilsestein | 4.10 | 25:39 | 6:15 | 19 | 4:52 | 129 | 9:03 | 4.10 | 25:39 | 6:15 | 19 | 4:52 | 129 | 9:03 |
| Plessenburg | 2.40 | 14:29 | 6:02 | 21 | 2:59 | 163 | 5:20 | 6.50 | 40:08 | 6:10 | 20 | 7:51 | 139 | 14:23 |
| Oehrenfeld | 3.40 | 17:24 | 5:07 | 24 | 4:08 | 203 | 6:29 | 9.90 | 57:32 | 5:48 | 21 | 11:49 | 152 | 20:52 |
| Ilsestein | 4.80 | 32:36 | 6:47 | 21 | 7:04 | 176 | 22:45 | 14.70 | 1:30:08 | 6:07 | 20 | 18:53 | 161 | 33:33 |
| Plessenburg | 2.30 | 16:39 | 7:14 | 20 | 4:13 | 174 | 7:01 | 17.00 | 1:46:47 | 6:16 | 20 | 23:06 | 166 | 40:34 |
| Oehrenfeld | 3.40 | 18:42 | 5:30 | 26 | 4:55 | 211 | 7:21 | 20.40 | 2:05:29 | 6:09 | 19 | 28:01 | 170 | 47:55 |
| Ilseburg/Markt | 4.50 | 28:00 | 6:13 | 24 | 7:05 | 193 | 11:14 | 24.90 | 2:33:29 | 6:09 | 19 | 35:06 | 176 | 59:09 |