



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