



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Dennis Rohwedder

Number: 358

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:33:38

Speed: 9.37 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 198 (of 433)

Rank in course/Men: 178 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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	25:29	6:12	17	4:42	122	8:53	4.10	25:29	6:12	17	4:42	122	8:53
Plessenburg	2.40	13:34	5:39	10	2:04	106	4:25	6.50	39:03	6:00	12	6:46	111	13:18
Oehrenfeld	3.40	17:29	5:08	26	4:13	210	6:34	9.90	56:32	5:42	17	10:49	134	19:52
Ilsestein	4.80	31:50	6:37	18	6:18	161	21:59	14.70	1:28:22	6:00	17	17:07	143	31:47
Plessenburg	2.30	18:18	7:57	34	5:52	256	8:40	17.00	1:46:40	6:16	19	22:59	164	40:27
Oehrenfeld	3.40	19:19	5:40	30	5:32	235	7:58	20.40	2:05:59	6:10	20	28:31	177	48:25
Ilseburg/Markt	4.50	27:39	6:08	19	6:44	185	10:53	24.90	2:33:38	6:10	20	35:15	178	59:18