



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Dittrich

Club: NIX tun kann JEDER
Number: 92

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:35:18

Speed: 9.27 km/h
Running performance: 6:14 min/km

Rank in course/Total: 210 (of 433)

Rank in course/Men: 189 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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	27:42	6:45	29	6:55	198	11:06	4.10	27:42	6:45	29	6:55	198	11:06
Plessenburg	2.40	14:59	6:14	23	3:29	192	5:50	6.50	42:41	6:33	23	10:24	194	16:56
Oehrenfeld	3.40	17:12	5:03	22	3:56	187	6:17	9.90	59:53	6:02	23	14:10	194	23:13
Ilsestein	4.80	31:44	6:36	17	6:12	157	21:53	14.70	1:31:37	6:13	23	20:22	183	35:02
Plessenburg	2.30	16:41	7:15	21	4:15	177	7:03	17.00	1:48:18	6:22	23	24:37	179	42:05
Oehrenfeld	3.40	18:25	5:25	25	4:38	206	7:04	20.40	2:06:43	6:12	22	29:15	183	49:09
Ilseburg/Markt	4.50	28:35	6:21	29	7:40	213	11:49	24.90	2:35:18	6:14	21	36:55	189	1:00:58