



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Frank Maier

Number: 288

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:37:00

Speed: 9.17 km/h  
Running performance: 6:18 min/km

Rank in course/Total: 219 (of 433)

Rank in course/Men: 198 (of 351)

Best time in course: 1:34:20

Rank in category: 23(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	33:47	8:14	48	13:00	328	17:11	4.10	33:47	8:14	48	13:00	328	17:11
Plessenburg	2.40	15:26	6:25	24	3:56	209	6:17	6.50	49:13	7:34	40	16:56	305	23:28
Oehrenfeld	3.40	15:42	4:37	12	2:26	113	4:47	9.90	1:04:55	6:33	35	19:12	262	28:15
Ilsestein	4.80	33:19	6:56	23	7:47	196	23:28	14.70	1:38:14	6:40	29	26:59	235	41:39
Plessenburg	2.30	16:08	7:00	16	3:42	153	6:30	17.00	1:54:22	6:43	27	30:41	223	48:09
Oehrenfeld	3.40	16:10	4:45	13	2:23	97	4:49	20.40	2:10:32	6:23	25	33:04	206	52:58
Ilseburg/Markt	4.50	26:28	5:52	16	5:33	156	9:42	24.90	2:37:00	6:18	23	38:37	198	1:02:40