



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Holger Paschke

Number: 324

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:38:10

Speed: 9.10 km/h  
Running performance: 6:21 min/km

Rank in course/Total: 224 (of 433)

Rank in course/Men: 201 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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	26:20	6:25	21	5:33	147	9:44	4.10	26:20	6:25	21	5:33	147	9:44
Plessenburg	2.40	14:23	5:59	19	2:53	155	5:14	6.50	40:43	6:15	22	8:26	147	14:58
Oehrenfeld	3.40	17:30	5:08	27	4:14	213	6:35	9.90	58:13	5:52	22	12:30	173	21:33
Ilsestein	4.80	32:35	6:47	20	7:03	175	22:44	14.70	1:30:48	6:10	22	19:33	171	34:13
Plessenburg	2.30	16:10	7:01	17	3:44	156	6:32	17.00	1:46:58	6:17	21	23:17	167	40:45
Oehrenfeld	3.40	19:14	5:39	28	5:27	229	7:53	20.40	2:06:12	6:11	21	28:44	180	48:38
Ilseburg/Markt	4.50	31:58	7:06	38	11:03	276	15:12	24.90	2:38:10	6:21	24	39:47	201	1:03:50