



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Brenz

Number: 58

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:38:43

Speed: 9.07 km/h

Running performance: 6:22 min/km

Rank in course/Total: 228 (of 433)

Rank in course/Men: 204 (of 351)

Best time in course: 1:34:20

Rank in category: 25(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	27:42	6:45	29	198	6:55	11:06	4.10	27:42	6:45	29	198	6:55	11:06
Plessenburg	2.40	16:24	6:49	32	259	4:54	7:15	6.50	44:06	6:47	30	227	11:49	18:21
Oehrenfeld	3.40	17:06	5:01	20	182	3:50	6:11	9.90	1:01:12	6:10	28	217	15:29	24:32
Ilsestein	4.80	34:39	7:13	29	225	9:07	24:48	14.70	1:35:51	6:31	25	213	24:36	39:16
Plessenburg	2.30	18:05	7:51	31	250	5:39	8:27	17.00	1:53:56	6:42	26	217	30:15	47:43
Oehrenfeld	3.40	17:40	5:11	19	173	3:53	6:19	20.40	2:11:36	6:27	26	213	34:08	54:02
Ilseburg/Markt	4.50	27:07	6:01	17	171	6:12	10:21	24.90	2:38:43	6:22	25	204	40:20	1:04:23