



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jens Hirschelmann

Number: 10

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:39:18

Speed: 9.04 km/h

Running performance: 6:23 min/km

Rank in course/Total: 232 (of 433)

Rank in course/Men: 208 (of 351)

Best time in course: 1:34:20

Rank in category: 26(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	26:25	6:26	22	151	5:38	9:49	4.10	26:25	6:26	22	151	5:38	9:49
Plessenburg	2.40	14:10	5:54	18	137	2:40	5:01	6.50	40:35	6:14	21	144	8:18	14:50
Oehrenfeld	3.40	16:13	4:46	15	134	2:57	5:18	9.90	56:48	5:44	18	138	11:05	20:08
Ilsestein	4.80	33:42	7:01	24	203	8:10	23:51	14.70	1:30:30	6:09	21	166	19:15	33:55
Plessenburg	2.30	17:11	7:28	27	210	4:45	7:33	17.00	1:47:41	6:20	22	174	24:00	41:28
Oehrenfeld	3.40	19:34	5:45	32	238	5:47	8:13	20.40	2:07:15	6:14	23	192	29:47	49:41
Ilseburg/Markt	4.50	32:03	7:07	39	277	11:08	15:17	24.90	2:39:18	6:23	26	208	40:55	1:04:58