



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