



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Harald Eitner

Number: 106

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:41:41

Speed: 8.91 km/h
Running performance: 6:29 min/km

Rank in course/Total: 247 (of 433)

Rank in course/Men: 220 (of 351)

Best time in course: 1:34:20

Rank in category: 28(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	27:16	6:39	25	6:29	180	10:40	4.10	27:16	6:39	25	6:29	180	10:40
Plessenburg	2.40	16:38	6:55	35	5:08	270	7:29	6.50	43:54	6:45	28	11:37	216	18:09
Oehrenfeld	3.40	18:26	5:25	32	5:10	248	7:31	9.90	1:02:20	6:17	29	16:37	231	25:40
Ilsestein	4.80	33:56	7:04	25	8:24	207	24:05	14.70	1:36:16	6:32	26	25:01	220	39:41
Plessenburg	2.30	18:40	8:06	37	6:14	269	9:02	17.00	1:54:56	6:45	28	31:15	226	48:43
Oehrenfeld	3.40	19:03	5:36	27	5:16	219	7:42	20.40	2:13:59	6:34	30	36:31	231	56:25
Ilseburg/Markt	4.50	27:42	6:09	20	6:47	187	10:56	24.90	2:41:41	6:29	28	43:18	220	1:07:21