



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jörn Folster

Number: 122

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:41:55

Speed: 8.89 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 250 (of 433)

Rank in course/Men: 222 (of 351)

Best time in course: 1:34:20

Rank in category: 29(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	27:25	6:41	26	187	6:38	10:49	4.10	27:25	6:41	26	187	6:38	10:49
Plessenburg	2.40	15:46	6:34	28	230	4:16	6:37	6.50	43:11	6:38	26	203	10:54	17:26
Oehrenfeld	3.40	19:13	5:39	39	274	5:57	8:18	9.90	1:02:24	6:18	30	232	16:41	25:44
Ilsestein	4.80	33:59	7:04	26	208	8:27	24:08	14.70	1:36:23	6:33	27	221	25:08	39:48
Plessenburg	2.30	16:50	7:19	25	185	4:24	7:12	17.00	1:53:13	6:39	25	213	29:32	47:00
Oehrenfeld	3.40	19:31	5:44	31	237	5:44	8:10	20.40	2:12:44	6:30	27	218	35:16	55:10
Ilseburg/Markt	4.50	29:11	6:29	30	222	8:16	12:25	24.90	2:41:55	6:30	29	222	43:32	1:07:35