



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Karsten Euling

Number: 110

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:43:32

Speed: 8.81 km/h

Running performance: 6:34 min/km

Rank in course/Total: 261 (of 433)

Rank in course/Men: 230 (of 351)

Best time in course: 1:34:20

Rank in category: 30(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	30:29	7:26	38	9:42	283	13:53	4.10	30:29	7:26	38	9:42	283	13:53
Plessenburg	2.40	16:26	6:50	33	4:56	260	7:17	6.50	46:55	7:13	37	14:38	277	21:10
Oehrenfeld	3.40	18:33	5:27	34	5:17	252	7:38	9.90	1:05:28	6:36	37	19:45	270	28:48
Ilsestein	4.80	34:08	7:06	28	8:36	210	24:17	14.70	1:39:36	6:46	34	28:21	252	43:01
Plessenburg	2.30	17:28	7:35	28	5:02	223	7:50	17.00	1:57:04	6:53	31	33:23	240	50:51
Oehrenfeld	3.40	20:06	5:54	36	6:19	262	8:45	20.40	2:17:10	6:43	31	39:42	242	59:36
Ilseburg/Markt	4.50	26:22	5:51	15	5:27	153	9:36	24.90	2:43:32	6:34	30	45:09	230	1:09:12