



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jens Rettig

Number: 350

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:46:03

Speed: 8.67 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 281 (of 433)

Rank in course/Men: 244 (of 351)

Best time in course: 1:34:20

Rank in category: 32(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	28:55	7:03	33	8:08	242	12:19	4.10	28:55	7:03	33	8:08	242	12:19
Plessenburg	2.40	17:00	7:05	37	5:30	283	7:51	6.50	45:55	7:03	35	13:38	263	20:10
Oehrenfeld	3.40	19:30	5:44	41	6:14	285	8:35	9.90	1:05:25	6:36	36	19:42	268	28:45
Ilsestein	4.80	35:42	7:26	33	10:10	249	25:51	14.70	1:41:07	6:52	37	29:52	261	44:32
Plessenburg	2.30	17:51	7:45	29	5:25	242	8:13	17.00	1:58:58	6:59	35	35:17	256	52:45
Oehrenfeld	3.40	19:18	5:40	29	5:31	234	7:57	20.40	2:18:16	6:46	34	40:48	252	1:00:42
Ilseburg/Markt	4.50	27:47	6:10	21	6:52	189	11:01	24.90	2:46:03	6:40	32	47:40	244	1:11:43