



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jürgen Fries de las Heras

Number: 132

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:47:24

Speed: 8.60 km/h

Running performance: 6:43 min/km

Rank in course/Total: 284 (of 433)

Rank in course/Men: 247 (of 351)

Best time in course: 1:34:20

Rank in category: 33(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	29:20	7:09	36	256	8:33	12:44	4.10	29:20	7:09	36	256	8:33	12:44
Plessenburg	2.40	15:57	6:38	29	236	4:27	6:48	6.50	45:17	6:58	34	248	13:00	19:32
Oehrenfeld	3.40	18:29	5:26	33	250	5:13	7:34	9.90	1:03:46	6:26	33	245	18:03	27:06
Ilsestein	4.80	35:16	7:20	31	237	9:44	25:25	14.70	1:39:02	6:44	31	242	27:47	42:27
Plessenburg	2.30	18:35	8:04	35	265	6:09	8:57	17.00	1:57:37	6:55	32	246	33:56	51:24
Oehrenfeld	3.40	20:01	5:53	35	259	6:14	8:40	20.40	2:17:38	6:44	32	245	40:10	1:00:04
Ilseburg/Markt	4.50	29:46	6:36	32	237	8:51	13:00	24.90	2:47:24	6:43	33	247	49:01	1:13:04