



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Lutz Bardehle

Number: 22

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:47:44

Speed: 8.59 km/h

Running performance: 6:44 min/km

Rank in course/Total: 287 (of 433)

Rank in course/Men: 249 (of 351)

Best time in course: 1:34:20

Rank in category: 34(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	29:04	7:05	34	8:17	247	12:28	4.10	29:04	7:05	34	8:17	247	12:28
Plessenburg	2.40	15:42	6:32	27	4:12	228	6:33	6.50	44:46	6:53	32	12:29	239	19:01
Oehrenfeld	3.40	19:09	5:37	38	5:53	271	8:14	9.90	1:03:55	6:27	34	18:12	247	27:15
Ilsestein	4.80	35:18	7:21	32	9:46	239	25:27	14.70	1:39:13	6:44	33	27:58	248	42:38
Plessenburg	2.30	18:36	8:05	36	6:10	267	8:58	17.00	1:57:49	6:55	33	34:08	249	51:36
Oehrenfeld	3.40	19:57	5:52	34	6:10	256	8:36	20.40	2:17:46	6:45	33	40:18	248	1:00:12
Ilseburg/Markt	4.50	29:58	6:39	33	9:03	245	13:12	24.90	2:47:44	6:44	34	49:21	249	1:13:24