



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Norbert Förster

Number: 124

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:48:27

Speed: 8.55 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 294 (of 433)

Rank in course/Men: 256 (of 351)

Best time in course: 1:34:20

Rank in category: 35(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	32:44	7:59	44	11:57	318	16:08	4.10	32:44	7:59	44	11:57	318	16:08
Plessenburg	2.40	18:04	7:31	44	6:34	313	8:55	6.50	50:48	7:48	46	18:31	317	25:03
Oehrenfeld	3.40	19:26	5:42	40	6:10	280	8:31	9.90	1:10:14	7:05	44	24:31	312	33:34
Ilsestein	4.80	36:00	7:30	34	10:28	253	26:09	14.70	1:46:14	7:13	39	34:59	294	49:39
Plessenburg	2.30	16:45	7:16	23	4:19	182	7:07	17.00	2:02:59	7:14	39	39:18	279	56:46
Oehrenfeld	3.40	18:12	5:21	23	4:25	199	6:51	20.40	2:21:11	6:55	38	43:43	270	1:03:37
Ilseburg/Markt	4.50	27:16	6:03	18	6:21	177	10:30	24.90	2:48:27	6:45	35	50:04	256	1:14:07