



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Heiko Schimpf

Number: 372

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:52:16

Speed: 8.36 km/h

Running performance: 6:55 min/km

Rank in course/Total: 311 (of 433)

Rank in course/Men: 267 (of 351)

Best time in course: 1:34:20

Rank in category: 37(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	26:54	6:33	23	6:07	166	10:18	4.10	26:54	6:33	23	6:07	166	10:18
Plessenburg	2.40	16:01	6:40	30	4:31	241	6:52	6.50	42:55	6:36	24	10:38	198	17:10
Oehrenfeld	3.40	18:02	5:18	29	4:46	238	7:07	9.90	1:00:57	6:09	26	15:14	210	24:17
Ilsestein	4.80	38:08	7:56	39	12:36	280	28:17	14.70	1:39:05	6:44	32	27:50	245	42:30
Plessenburg	2.30	19:45	8:35	41	7:19	287	10:07	17.00	1:58:50	6:59	34	35:09	255	52:37
Oehrenfeld	3.40	21:14	6:14	39	7:27	287	9:53	20.40	2:20:04	6:51	35	42:36	263	1:02:30
Ilseburg/Markt	4.50	32:12	7:09	41	11:17	280	15:26	24.90	2:52:16	6:55	37	53:53	267	1:17:56