



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Mario Pelzel

Club: VfL 28 Ellrich
Number: 326

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:54:51

Speed: 8.24 km/h
Running performance: 7:01 min/km

Rank in course/Total: 320 (of 433)

Rank in course/Men: 274 (of 351)

Best time in course: 1:34:20

Rank in category: 38(of 49)

Best time in the category: 1:58:23

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ilsestein	4.10	27:38	6:44	28	6:51	195	11:02	4.10	27:38	6:44	28	6:51	195	11:02
Plessenburg	2.40	16:26	6:50	33	4:56	260	7:17	6.50	44:04	6:46	29	11:47	224	18:19
Oehrenfeld	3.40	16:02	4:42	14	2:46	127	5:07	9.90	1:00:06	6:04	24	14:23	198	23:26
Ilsestein	4.80	40:14	8:22	43	14:42	310	30:23	14.70	1:40:20	6:49	35	29:05	254	43:45
Plessenburg	2.30	19:02	8:16	39	6:36	277	9:24	17.00	1:59:22	7:01	36	35:41	260	53:09
Oehrenfeld	3.40	20:42	6:05	37	6:55	279	9:21	20.40	2:20:04	6:51	35	42:36	263	1:02:30
Ilseburg/Markt	4.50	34:47	7:43	44	13:52	309	18:01	24.90	2:54:51	7:01	38	56:28	274	1:20:31