



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Rolf Deffner

Number: 83

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:55:15

Speed: 8.22 km/h
Running performance: 7:02 min/km

Rank in course/Total: 324 (of 433)

Rank in course/Men: 277 (of 351)

Best time in course: 1:34:20

Rank in category: 39(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	29:08	7:06	35	8:21	249	12:32	4.10	29:08	7:06	35	8:21	249	12:32
Plessenburg	2.40	17:22	7:14	39	5:52	294	8:13	6.50	46:30	7:09	36	14:13	271	20:45
Oehrenfeld	3.40	19:50	5:49	43	6:34	300	8:55	9.90	1:06:20	6:42	38	20:37	284	29:40
Ilsestein	4.80	37:15	7:45	36	11:43	271	27:24	14.70	1:43:35	7:02	38	32:20	273	47:00
Plessenburg	2.30	17:57	7:48	30	5:31	246	8:19	17.00	2:01:32	7:08	38	37:51	270	55:19
Oehrenfeld	3.40	21:32	6:20	40	7:45	292	10:11	20.40	2:23:04	7:00	39	45:36	276	1:05:30
Ilseburg/Markt	4.50	32:11	7:09	40	11:16	279	15:25	24.90	2:55:15	7:02	39	56:52	277	1:20:55