



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Braumann

Number: 56

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:56:09

Speed: 8.17 km/h
Running performance: 7:04 min/km

Rank in course/Total: 327 (of 433)

Rank in course/Men: 278 (of 351)

Best time in course: 1:34:20

Rank in category: 40(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	32:22	7:53	43	11:35	311	15:46	4.10	32:22	7:53	43	11:35	311	15:46
Plessenburg	2.40	17:58	7:29	43	6:28	310	8:49	6.50	50:20	7:44	44	18:03	314	24:35
Oehrenfeld	3.40	19:39	5:46	42	6:23	290	8:44	9.90	1:09:59	7:04	42	24:16	310	33:19
Ilsestein	4.80	37:34	7:49	37	12:02	274	27:43	14.70	1:47:33	7:18	41	36:18	298	50:58
Plessenburg	2.30	18:11	7:54	32	5:45	252	8:33	17.00	2:05:44	7:23	40	42:03	288	59:31
Oehrenfeld	3.40	19:50	5:49	33	6:03	247	8:29	20.40	2:25:34	7:08	40	48:06	283	1:08:00
Ilseburg/Markt	4.50	30:35	6:47	35	9:40	259	13:49	24.90	2:56:09	7:04	40	57:46	278	1:21:49