



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Kretschmer

Number: 258

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 3:05:53

Speed: 7.75 km/h
Running performance: 7:27 min/km

Rank in course/Total: 361 (of 433)

Rank in course/Men: 298 (of 351)

Best time in course: 1:34:20

Rank in category: 42(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	31:59	7:48	42	11:12	307	15:23	4.10	31:59	7:48	42	11:12	307	15:23
Plessenburg	2.40	17:09	7:08	38	5:39	288	8:00	6.50	49:08	7:33	39	16:51	303	23:23
Oehrenfeld	3.40	18:48	5:31	35	5:32	258	7:53	9.90	1:07:56	6:51	39	22:13	289	31:16
Ilsestein	4.80	41:20	8:36	45	15:48	321	31:29	14.70	1:49:16	7:25	43	38:01	305	52:41
Plessenburg	2.30	19:23	8:25	40	6:57	281	9:45	17.00	2:08:39	7:34	42	44:58	300	1:02:26
Oehrenfeld	3.40	23:41	6:57	44	9:54	322	12:20	20.40	2:32:20	7:28	42	54:52	302	1:14:46
Ilseburg/Markt	4.50	33:33	7:27	42	12:38	295	16:47	24.90	3:05:53	7:27	42	1:07:30	298	1:31:33