



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martin Vagner Hansen

Number: 170

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 3:06:25

Speed: 7.72 km/h

Running performance: 7:29 min/km

Rank in course/Total: 363 (of 433)

Rank in course/Men: 300 (of 351)

Best time in course: 1:34:20

Rank in category: 43(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	33:24	8:08	47	12:37	326	16:48	4.10	33:24	8:08	47	12:37	326	16:48
Plessenburg	2.40	19:52	8:16	48	8:22	338	10:43	6.50	53:16	8:11	48	20:59	331	27:31
Oehrenfeld	3.40	19:05	5:36	37	5:49	267	8:10	9.90	1:12:21	7:18	47	26:38	322	35:41
Ilsestein	4.80	40:27	8:25	44	14:55	312	30:36	14.70	1:52:48	7:40	45	41:33	319	56:13
Plessenburg	2.30	21:23	9:17	45	8:57	323	11:45	17.00	2:14:11	7:53	45	50:30	317	1:07:58
Oehrenfeld	3.40	21:32	6:20	40	7:45	292	10:11	20.40	2:35:43	7:37	45	58:15	313	1:18:09
Ilseburg/Markt	4.50	30:42	6:49	36	9:47	262	13:56	24.90	3:06:25	7:29	43	1:08:02	300	1:32:05