



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andreas Schulz

Number: 392

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 3:08:02

Speed: 7.66 km/h
Running performance: 7:33 min/km

Rank in course/Total: 369 (of 433)

Rank in course/Men: 305 (of 351)

Best time in course: 1:34:20

Rank in category: 44(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	30:17	7:23	37	9:30	280	13:41	4.10	30:17	7:23	37	9:30	280	13:41
Plessenburg	2.40	17:32	7:18	40	6:02	298	8:23	6.50	47:49	7:21	38	15:32	285	22:04
Oehrenfeld	3.40	21:06	6:12	46	7:50	329	10:11	9.90	1:08:55	6:57	41	23:12	299	32:15
Ilsestein	4.80	38:25	8:00	40	12:53	282	28:34	14.70	1:47:20	7:18	40	36:05	297	50:45
Plessenburg	2.30	20:19	8:50	42	7:53	299	10:41	17.00	2:07:39	7:30	41	43:58	297	1:01:26
Oehrenfeld	3.40	24:48	7:17	45	11:01	329	13:27	20.40	2:32:27	7:28	43	54:59	304	1:14:53
Ilseburg/Markt	4.50	35:35	7:54	45	14:40	314	18:49	24.90	3:08:02	7:33	44	1:09:39	305	1:33:42