



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steffen Pluskal

Club: Laufgruppe Lustig
Number: 335

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 3:09:38

Speed: 7.59 km/h
Running performance: 7:36 min/km

Rank in course/Total: 373 (of 433)

Rank in course/Men: 308 (of 351)

Best time in course: 1:34:20

Rank in category: 45(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	32:54	8:01	45	12:07	320	16:18	4.10	32:54	8:01	45	12:07	320	16:18
Plessenburg	2.40	18:37	7:45	45	7:07	324	9:28	6.50	51:31	7:55	47	19:14	320	25:46
Oehrenfeld	3.40	22:28	6:36	48	9:12	342	11:33	9.90	1:13:59	7:28	48	28:16	327	37:19
Ilsestein	4.80	38:57	8:06	41	13:25	290	29:06	14.70	1:52:56	7:40	46	41:41	320	56:21
Plessenburg	2.30	20:26	8:53	43	8:00	304	10:48	17.00	2:13:22	7:50	44	49:41	315	1:07:09
Oehrenfeld	3.40	22:11	6:31	43	8:24	303	10:50	20.40	2:35:33	7:37	44	58:05	310	1:17:59
Ilseburg/Markt	4.50	34:05	7:34	43	13:10	302	17:19	24.90	3:09:38	7:36	45	1:11:15	308	1:35:18