



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Michael Kohl

Number: 239

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 3:21:00

Speed: 7.16 km/h

Running performance: 8:04 min/km

Rank in course/Total: 407 (of 433)

Rank in course/Men: 335 (of 351)

Best time in course: 1:34:20

Rank in category: 46(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	30:42	7:29	39	288	9:55	14:06	4.10	30:42	7:29	39	288	9:55	14:06
Plessenburg	2.40	19:20	8:03	47	333	7:50	10:11	6.50	50:02	7:41	42	311	17:45	24:17
Oehrenfeld	3.40	21:59	6:27	47	340	8:43	11:04	9.90	1:12:01	7:16	46	320	26:18	35:21
Ilsestein	4.80	43:06	8:58	47	336	17:34	33:15	14.70	1:55:07	7:49	47	326	43:52	58:32
Plessenburg	2.30	21:33	9:22	46	326	9:07	11:55	17.00	2:16:40	8:02	46	324	52:59	1:10:27
Oehrenfeld	3.40	26:42	7:51	46	338	12:55	15:21	20.40	2:43:22	8:00	46	333	1:05:54	1:25:48
Ilseburg/Markt	4.50	37:38	8:21	46	328	16:43	20:52	24.90	3:21:00	8:04	46	335	1:22:37	1:46:40