



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Marcel Reising

Club: erst laufen dann saufen
Number: 349

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 3:50:24

Speed: 6.25 km/h
Running performance: 9:15 min/km

Rank in course/Total: 426 (of 433)

Rank in course/Men: 346 (of 351)

Best time in course: 1:34:20

Rank in category: 48(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	37:43	9:11	49	16:56	348	21:07	4.10	37:43	9:11	49	16:56	348	21:07	
Plessenburg	2.40	20:46	8:39	49	9:16	349	11:37	6.50	58:29	8:59	49	26:12	348	32:44	
Oehrenfeld	3.40	24:00	7:03	49	10:44	349	13:05	9.90	1:22:29	8:19	49	36:46	349	45:49	
Ilsestein	4.80	47:49	9:57	49	22:17	346	37:58	14.70	2:10:18	8:51	49	59:03	349	1:13:43	
Plessenburg	2.30	24:11	10:30	47	11:45	338	14:33	17.00	2:34:29	9:05	48	1:10:48	346	1:28:16	
Oehrenfeld	3.40	29:23	8:38	47	15:36	343	18:02	20.40	3:03:52	9:00	48	1:26:24	346	1:46:18	
Ilseburg/Markt	4.50	46:32	10:20	48	25:37	343	29:46	24.90	3:50:24	9:15	48	1:52:01	346	2:16:04	