



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Holger Bittner

Number: 421

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:20:00

Speed: 10.29 km/h
Running performance: 5:37 min/km

Rank in course/Total: 111 (of 433)

Rank in course/Men: 98 (of 351)

Best time in course: 1:34:20

Rank in category: 4(of 28)

Best time in the category: 2:05:28

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	25:31	6:13	5	3:06	126	8:55	4.10	25:31	6:13	5	3:06	126	8:55
Plessenburg	2.40	13:41	5:42	4	1:41	108	4:32	6.50	39:12	6:01	4	4:46	117	13:27
Oehrenfeld	3.40	15:42	4:37	4	1:35	113	4:47	9.90	54:54	5:32	4	6:09	110	18:14
Ilsestein	4.80	30:32	6:21	6	4:16	118	20:41	14.70	1:25:26	5:48	4	10:06	108	28:51
Plessenburg	2.30	14:21	6:14	2	1:29	73	4:43	17.00	1:39:47	5:52	4	11:35	101	33:34
Oehrenfeld	3.40	16:50	4:57	6	2:11	126	5:29	20.40	1:56:37	5:42	4	13:46	104	39:03
Ilseburg/Markt	4.50	23:23	5:11	3	0:46	68	6:37	24.90	2:20:00	5:37	4	14:32	98	45:40