



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Karsten Schmidt

Club: Knie&Fuß
Number: 383

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:21:51

Speed: 10.15 km/h
Running performance: 5:41 min/km

Rank in course/Total: 120 (of 433)

Rank in course/Men: 108 (of 351)

Best time in course: 1:34:20

Rank in category: 5(of 28)

Best time in the category: 2:05:28

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	26:22	6:25	8	3:57	148	9:46	4.10	26:22	6:25	8	3:57	148	9:46
Plessenburg	2.40	14:30	6:02	8	2:30	165	5:21	6.50	40:52	6:17	8	6:26	150	15:07
Oehrenfeld	3.40	16:59	4:59	8	2:52	173	6:04	9.90	57:51	5:50	7	9:06	160	21:11
Ilsestein	4.80	30:29	6:21	5	4:13	114	20:38	14.70	1:28:20	6:00	6	13:00	142	31:45
Plessenburg	2.30	14:30	6:18	3	1:38	77	4:52	17.00	1:42:50	6:02	5	14:38	131	36:37
Oehrenfeld	3.40	16:04	4:43	3	1:25	93	4:43	20.40	1:58:54	5:49	5	16:03	120	41:20
Ilseburg/Markt	4.50	22:57	5:05	2	0:20	56	6:11	24.90	2:21:51	5:41	5	16:23	108	47:31