



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Torsten Zick

Number: 513

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M60 (60-64) B

Total time: 2:25:57

Speed: 9.87 km/h  
Running performance: 5:51 min/km

Rank in course/Total: 145 (of 433)

Rank in course/Men: 133 (of 351)

Best time in course: 1:34:20

Rank in category: 7(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.	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	26:14	6:23	7	3:49	144	9:38	4.10	26:14	6:23	7	3:49	144	9:38
Plessenburg	2.40	14:17	5:57	7	2:17	148	5:08	6.50	40:31	6:14	7	6:05	143	14:46
Oehrenfeld	3.40	17:32	5:09	13	3:25	216	6:37	9.90	58:03	5:51	8	9:18	167	21:23
Ilsestein	4.80	30:26	6:20	3	4:10	109	20:35	14.70	1:28:29	6:01	7	13:09	145	31:54
Plessenburg	2.30	14:41	6:23	4	1:49	84	5:03	17.00	1:43:10	6:04	6	14:58	134	36:57
Oehrenfeld	3.40	17:23	5:06	9	2:44	161	6:02	20.40	2:00:33	5:54	6	17:42	133	42:59
Ilseburg/Markt	4.50	25:24	5:38	7	2:47	135	8:38	24.90	2:25:57	5:51	7	20:29	133	51:37