



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