



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Michael Minx

Number: 306

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:32:29

Speed: 9.44 km/h
Running performance: 6:07 min/km

Rank in course/Total: 189 (of 433)

Rank in course/Men: 170 (of 351)

Best time in course: 1:34:20

Rank in category: 9(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	28:05	6:50	14	5:40	213	11:29	4.10	28:05	6:50	14	5:40	213	11:29
Plessenburg	2.40	15:29	6:27	14	3:29	215	6:20	6.50	43:34	6:42	14	9:08	210	17:49
Oehrenfeld	3.40	17:24	5:07	11	3:17	203	6:29	9.90	1:00:58	6:09	13	12:13	211	24:18
Ilsestein	4.80	32:36	6:47	10	6:20	176	22:45	14.70	1:33:34	6:21	12	18:14	200	36:59
Plessenburg	2.30	16:12	7:02	9	3:20	157	6:34	17.00	1:49:46	6:27	11	21:34	196	43:33
Oehrenfeld	3.40	17:30	5:08	10	2:51	166	6:09	20.40	2:07:16	6:14	11	24:25	193	49:42
Ilseburg/Markt	4.50	25:13	5:36	6	2:36	127	8:27	24.90	2:32:29	6:07	9	27:01	170	58:09