



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stefan Dürr

Club: Ekosem-Agrar
Number: 99

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:33:53

Speed: 9.36 km/h
Running performance: 6:10 min/km

Rank in course/Total: 199 (of 433)

Rank in course/Men: 179 (of 351)

Best time in course: 1:34:20

Rank in category: 11(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	26:11	6:23	6	3:46	142	9:35	4.10	26:11	6:23	6	3:46	142	9:35
Plessenburg	2.40	13:42	5:42	5	1:42	110	4:33	6.50	39:53	6:08	6	5:27	132	14:08
Oehrenfeld	3.40	17:28	5:08	12	3:21	208	6:33	9.90	57:21	5:47	5	8:36	150	20:41
Ilsestein	4.80	30:45	6:24	8	4:29	126	20:54	14.70	1:28:06	5:59	5	12:46	140	31:31
Plessenburg	2.30	16:19	7:05	10	3:27	162	6:41	17.00	1:44:25	6:08	7	16:13	139	38:12
Oehrenfeld	3.40	19:48	5:49	18	5:09	246	8:27	20.40	2:04:13	6:05	8	21:22	162	46:39
Ilseburg/Markt	4.50	29:40	6:35	17	7:03	236	12:54	24.90	2:33:53	6:10	11	28:25	179	59:33