



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Utermöhle

Number: 463

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:34:14

Speed: 9.34 km/h
Running performance: 6:11 min/km

Rank in course/Total: 206 (of 433)

Rank in course/Men: 186 (of 351)

Best time in course: 1:34:20

Rank in category: 12(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 | 27:54 | 6:48 | 13 | 5:29 | 208 | 11:18 | 4.10 | 27:54 | 6:48 | 13 | 5:29 | 208 | 11:18 |
| Plessenburg | 2.40 | 15:20 | 6:23 | 13 | 3:20 | 204 | 6:11 | 6.50 | 43:14 | 6:39 | 13 | 8:48 | 205 | 17:29 |
| Oehrenfeld | 3.40 | 17:04 | 5:01 | 9 | 2:57 | 180 | 6:09 | 9.90 | 1:00:18 | 6:05 | 12 | 11:33 | 202 | 23:38 |
| Ilsestein | 4.80 | 32:59 | 6:52 | 11 | 6:43 | 183 | 23:08 | 14.70 | 1:33:17 | 6:20 | 11 | 17:57 | 198 | 36:42 |
| Plessenburg | 2.30 | 16:33 | 7:11 | 11 | 3:41 | 171 | 6:55 | 17.00 | 1:49:50 | 6:27 | 12 | 21:38 | 197 | 43:37 |
| Oehrenfeld | 3.40 | 17:13 | 5:03 | 8 | 2:34 | 154 | 5:52 | 20.40 | 2:07:03 | 6:13 | 10 | 24:12 | 189 | 49:29 |
| Ilseburg/Markt | 4.50 | 27:11 | 6:02 | 12 | 4:34 | 174 | 10:25 | 24.90 | 2:34:14 | 6:11 | 12 | 28:46 | 186 | 59:54 |