



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Klaus Hempel

Number: 183

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:35:54

Speed: 9.24 km/h

Running performance: 6:15 min/km

Rank in course/Total: 212 (of 433)

Rank in course/Men: 191 (of 351)

Best time in course: 1:34:20

Rank in category: 13(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	25:09	6:08	4	2:44	109	8:33	4.10	25:09	6:08	4	2:44	109	8:33
Plessenburg	2.40	14:38	6:05	9	2:38	169	5:29	6.50	39:47	6:07	5	5:21	130	14:02
Oehrenfeld	3.40	17:51	5:15	15	3:44	231	6:56	9.90	57:38	5:49	6	8:53	157	20:58
Ilsestein	4.80	34:26	7:10	15	8:10	220	24:35	14.70	1:32:04	6:15	9	16:44	189	35:29
Plessenburg	2.30	17:00	7:23	14	4:08	194	7:22	17.00	1:49:04	6:24	9	20:52	188	42:51
Oehrenfeld	3.40	19:56	5:51	20	5:17	254	8:35	20.40	2:09:00	6:19	13	26:09	202	51:26
Ilseburg/Markt	4.50	26:54	5:58	11	4:17	166	10:08	24.90	2:35:54	6:15	13	30:26	191	1:01:34