



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jörg Ehrenberg

Number: 102

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M60 (60-64) B

Total time: 2:41:45

Speed: 8.90 km/h

Running performance: 6:29 min/km

Rank in course/Total: 248 (of 433)

Rank in course/Men: 221 (of 351)

Best time in course: 1:34:20

Rank in category: 14(of 28)

Best time in the category: 2:05:28

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	28:10	6:52	15	5:45	217	11:34	4.10	28:10	6:52	15	5:45	217	11:34
Plessenburg	2.40	16:16	6:46	17	4:16	254	7:07	6.50	44:26	6:50	16	10:00	233	18:41
Oehrenfeld	3.40	17:05	5:01	10	2:58	181	6:10	9.90	1:01:31	6:12	14	12:46	223	24:51
Ilsestein	4.80	34:23	7:09	14	8:07	217	24:32	14.70	1:35:54	6:31	14	20:34	214	39:19
Plessenburg	2.30	18:13	7:55	19	5:21	253	8:35	17.00	1:54:07	6:42	15	25:55	220	47:54
Oehrenfeld	3.40	18:45	5:30	14	4:06	213	7:24	20.40	2:12:52	6:30	14	30:01	220	55:18
Ilseburg/Markt	4.50	28:53	6:25	15	6:16	219	12:07	24.90	2:41:45	6:29	14	36:17	221	1:07:25