



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ulf Sternberg

Club: Harz-Gebirgslauf Wernigerode
Number: 34

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:44:06

Speed: 8.78 km/h
Running performance: 6:35 min/km

Rank in course/Total: 265 (of 433)

Rank in course/Men: 233 (of 351)

Best time in course: 1:34:20

Rank in category: 16(of 28)

Best time in the category: 2:05:28

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	29:50	7:16	18	7:25	268	13:14	4.10	29:50	7:16	18	7:25	268	13:14
Plessenburg	2.40	16:20	6:48	18	4:20	257	7:11	6.50	46:10	7:06	18	11:44	268	20:25
Oehrenfeld	3.40	19:16	5:40	19	5:09	277	8:21	9.90	1:05:26	6:36	19	16:41	269	28:46
Ilsestein	4.80	35:06	7:18	16	8:50	232	25:15	14.70	1:40:32	6:50	16	25:12	256	43:57
Plessenburg	2.30	17:11	7:28	16	4:19	210	7:33	17.00	1:57:43	6:55	16	29:31	247	51:30
Oehrenfeld	3.40	18:47	5:31	15	4:08	214	7:26	20.40	2:16:30	6:41	16	33:39	241	58:56
Ilseburg/Markt	4.50	27:36	6:08	13	4:59	183	10:50	24.90	2:44:06	6:35	16	38:38	233	1:09:46