



53. Brockenlauf  
Ilseburg / 07.09.2024

### Detailed evaluation

#### Ralf Mock

Club: TuS Hasede  
Number: 308

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M60 (60-64) B

Total time: 2:48:26

Speed: 8.55 km/h  
Running performance: 6:45 min/km

Rank in course/Total: 293 (of 433)

Rank in course/Men: 255 (of 351)

Best time in course: 1:34:20

Rank in category: 18(of 28)

Best time in the category: 2:05:28

#### Intermediate times

#### Stage score

#### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	30:37	7:28	20	8:12	285	14:01	4.10	30:37	7:28	20	8:12	285	14:01
Plessenburg	2.40	16:50	7:00	20	4:50	275	7:41	6.50	47:27	7:18	19	13:01	281	21:42
Oehrenfeld	3.40	18:47	5:31	17	4:40	257	7:52	9.90	1:06:14	6:41	20	17:29	283	29:34
Ilsestein	4.80	35:32	7:24	17	9:16	246	25:41	14.70	1:41:46	6:55	18	26:26	265	45:11
Plessenburg	2.30	17:12	7:28	17	4:20	212	7:34	17.00	1:58:58	6:59	17	30:46	256	52:45
Oehrenfeld	3.40	19:11	5:38	16	4:32	224	7:50	20.40	2:18:09	6:46	17	35:18	251	1:00:35
Ilseburg/Markt	4.50	30:17	6:43	19	7:40	252	13:31	24.90	2:48:26	6:45	18	42:58	255	1:14:06