



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dieter Kosuch

Number: 245

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:48:37

Speed: 8.54 km/h

Running performance: 6:46 min/km

Rank in course/Total: 295 (of 433)

Rank in course/Men: 257 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	30:31	7:26	19	8:06	284	13:55	4.10	30:31	7:26	19	8:06	284	13:55
Plessenburg	2.40	17:19	7:12	21	5:19	293	8:10	6.50	47:50	7:21	20	13:24	286	22:05
Oehrenfeld	3.40	16:48	4:56	7	2:41	168	5:53	9.90	1:04:38	6:31	18	15:53	259	27:58
Ilsestein	4.80	37:08	7:44	20	10:52	269	27:17	14.70	1:41:46	6:55	18	26:26	265	45:11
Plessenburg	2.30	18:35	8:04	21	5:43	265	8:57	17.00	2:00:21	7:04	19	32:09	264	54:08
Oehrenfeld	3.40	18:43	5:30	13	4:04	212	7:22	20.40	2:19:04	6:49	18	36:13	256	1:01:30
Ilseburg/Markt	4.50	29:33	6:33	16	6:56	229	12:47	24.90	2:48:37	6:46	19	43:09	257	1:14:17