



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ingo Hartkopf

Number: 173

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:53:18

Speed: 8.31 km/h

Running performance: 6:57 min/km

Rank in course/Total: 318 (of 433)

Rank in course/Men: 272 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	29:44	7:15	17	266	7:19	13:08	4.10	29:44	7:15	17	266	7:19	13:08
Plessenburg	2.40	15:40	6:31	16	227	3:40	6:31	6.50	45:24	6:59	17	251	10:58	19:39
Oehrenfeld	3.40	18:49	5:32	18	259	4:42	7:54	9.90	1:04:13	6:29	17	251	15:28	27:33
Ilsestein	4.80	36:36	7:37	19	264	10:20	26:45	14.70	1:40:49	6:51	17	260	25:29	44:14
Plessenburg	2.30	18:18	7:57	20	256	5:26	8:40	17.00	1:59:07	7:00	18	258	30:55	52:54
Oehrenfeld	3.40	21:40	6:22	22	297	7:01	10:19	20.40	2:20:47	6:54	20	267	37:56	1:03:13
Ilseburg/Markt	4.50	32:31	7:13	22	284	9:54	15:45	24.90	2:53:18	6:57	20	272	47:50	1:18:58