



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Stoisieik

Number: 428

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 3:02:57

Speed: 7.87 km/h
Running performance: 7:20 min/km

Rank in course/Total: 352 (of 433)

Rank in course/Men: 292 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	32:40	7:58	24	10:15	316	16:04	4.10	32:40	7:58	24	10:15	316	16:04
Plessenburg	2.40	20:24	8:30	28	8:24	345	11:15	6.50	53:04	8:09	25	18:38	327	27:19
Oehrenfeld	3.40	19:39	5:46	22	5:32	290	8:44	9.90	1:12:43	7:20	25	23:58	323	36:03
Ilsestein	4.80	39:16	8:10	22	13:00	294	29:25	14.70	1:51:59	7:37	23	36:39	316	55:24
Plessenburg	2.30	20:34	8:56	24	7:42	307	10:56	17.00	2:12:33	7:47	22	44:21	311	1:06:20
Oehrenfeld	3.40	19:38	5:46	17	4:59	241	8:17	20.40	2:32:11	7:27	22	49:20	301	1:14:37
Ilseburg/Markt	4.50	30:46	6:50	20	8:09	264	14:00	24.90	3:02:57	7:20	21	57:29	292	1:28:37