



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jürgen Smid

Number: 413

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 3:03:03

Speed: 7.87 km/h

Running performance: 7:21 min/km

Rank in course/Total: 353 (of 433)

Rank in course/Men: 294 (of 351)

Best time in course: 1:34:20

Rank in category: 22(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			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	32:50	8:00	25	10:25	319	16:14	4.10	32:50	8:00	25	10:25	319	16:14
Plessenburg	2.40	17:23	7:14	22	5:23	295	8:14	6.50	50:13	7:43	23	15:47	312	24:28
Oehrenfeld	3.40	20:34	6:02	26	6:27	320	9:39	9.90	1:10:47	7:08	23	22:02	315	34:07
Ilsestein	4.80	38:33	8:01	21	12:17	285	28:42	14.70	1:49:20	7:26	21	34:00	306	52:45
Plessenburg	2.30	19:29	8:28	22	6:37	284	9:51	17.00	2:08:49	7:34	21	40:37	301	1:02:36
Oehrenfeld	3.40	22:22	6:34	24	7:43	305	11:01	20.40	2:31:11	7:24	21	48:20	298	1:13:37
Ilseburg/Markt	4.50	31:52	7:04	21	9:15	273	15:06	24.90	3:03:03	7:21	22	57:35	294	1:28:43