



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Alexander Fleck

Number: 121

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 3:11:59

Speed: 7.50 km/h
Running performance: 7:42 min/km

Rank in course/Total: 385 (of 433)

Rank in course/Men: 317 (of 351)

Best time in course: 1:34:20

Rank in category: 23(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	37:05	9:02	28	14:40	347	20:29	4.10	37:05	9:02	28	14:40	347	20:29
Plessenburg	2.40	19:14	8:00	25	7:14	331	10:05	6.50	56:19	8:39	28	21:53	343	30:34
Oehrenfeld	3.40	20:18	5:58	24	6:11	313	9:23	9.90	1:16:37	7:44	27	27:52	339	39:57
Ilsestein	4.80	43:04	8:58	25	16:48	334	33:13	14.70	1:59:41	8:08	26	44:21	342	1:03:06
Plessenburg	2.30	17:02	7:24	15	4:10	197	7:24	17.00	2:16:43	8:02	24	48:31	325	1:10:30
Oehrenfeld	3.40	19:54	5:51	19	5:15	251	8:33	20.40	2:36:37	7:40	23	53:46	316	1:19:03
Ilseburg/Markt	4.50	35:22	7:51	23	12:45	313	18:36	24.90	3:11:59	7:42	23	1:06:31	317	1:37:39