



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Manfred Kramer

Number: 246

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 3:14:31

Speed: 7.40 km/h
Running performance: 7:48 min/km

Rank in course/Total: 390 (of 433)

Rank in course/Men: 321 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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	31:05	7:34	21	8:40	295	14:29	4.10	31:05	7:34	21	8:40	295	14:29
Plessenburg	2.40	18:28	7:41	24	6:28	322	9:19	6.50	49:33	7:37	22	15:07	309	23:48
Oehrenfeld	3.40	19:34	5:45	21	5:27	288	8:39	9.90	1:09:07	6:58	22	20:22	304	32:27
Ilsestein	4.80	41:23	8:37	23	15:07	322	31:32	14.70	1:50:30	7:31	22	35:10	312	53:55
Plessenburg	2.30	23:01	10:00	25	10:09	333	13:23	17.00	2:13:31	7:51	23	45:19	316	1:07:18
Oehrenfeld	3.40	23:14	6:50	25	8:35	315	11:53	20.40	2:36:45	7:41	24	53:54	318	1:19:11
Ilseburg/Markt	4.50	37:46	8:23	26	15:09	329	21:00	24.90	3:14:31	7:48	24	1:09:03	321	1:40:11