



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Michael Coccejus

Number: 76

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 3:16:58

Speed: 7.31 km/h

Running performance: 7:54 min/km

Rank in course/Total: 398 (of 433)

Rank in course/Men: 329 (of 351)

Best time in course: 1:34:20

Rank in category: 25(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	35:02	8:32	27	12:37	337	18:26	4.10	35:02	8:32	27	12:37	337	18:26
Plessenburg	2.40	19:35	8:09	27	7:35	337	10:26	6.50	54:37	8:24	27	20:11	337	28:52
Oehrenfeld	3.40	20:41	6:05	27	6:34	323	9:46	9.90	1:15:18	7:36	26	26:33	335	38:38
Ilsestein	4.80	44:04	9:10	26	17:48	339	34:13	14.70	1:59:22	8:07	25	44:02	338	1:02:47
Plessenburg	2.30	20:09	8:45	23	7:17	295	10:31	17.00	2:19:31	8:12	25	51:19	334	1:13:18
Oehrenfeld	3.40	21:46	6:24	23	7:07	298	10:25	20.40	2:41:17	7:54	25	58:26	328	1:23:43
Ilseburg/Markt	4.50	35:41	7:55	24	13:04	317	18:55	24.90	3:16:58	7:54	25	1:11:30	329	1:42:38