



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Volker Riedel

Number: 352

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 3:33:16

Speed: 6.75 km/h

Running performance: 8:33 min/km

Rank in course/Total: 415 (of 433)

Rank in course/Men: 340 (of 351)

Best time in course: 1:34:20

Rank in category: 27(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	34:35	8:26	26	12:10	332	17:59	4.10	34:35	8:26	26	12:10	332	17:59
Plessenburg	2.40	19:26	8:05	26	7:26	335	10:17	6.50	54:01	8:18	26	19:35	336	28:16
Oehrenfeld	3.40	22:49	6:42	28	8:42	345	11:54	9.90	1:16:50	7:45	28	28:05	343	40:10
Ilsestein	4.80	46:45	9:44	27	20:29	345	36:54	14.70	2:03:35	8:24	27	48:15	345	1:07:00
Plessenburg	2.30	25:01	10:52	26	12:09	343	15:23	17.00	2:28:36	8:44	27	1:00:24	342	1:22:23
Oehrenfeld	3.40	25:53	7:36	27	11:14	336	14:32	20.40	2:54:29	8:33	27	1:11:38	340	1:36:55
Ilseburg/Markt	4.50	38:47	8:37	27	16:10	334	22:01	24.90	3:33:16	8:33	27	1:27:48	340	1:58:56