



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Lutz Baumgart

Club: Brockenlaufverein
Number: 25

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:08:44

Speed: 11.19 km/h
Running performance: 5:10 min/km

Rank in course/Total: 57 (of 433)

Rank in course/Men: 50 (of 351)

Best time in course: 1:34:20

Rank in category: 1(of 24)

Best time in the category: 2:08:44

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	23:24	5:42	2	0:31	67	6:48	4.10	23:24	5:42	2	0:31	67	6:48
Plessenburg	2.40	12:35	5:14	2	0:26	62	3:26	6.50	35:59	5:32	2	0:57	65	10:14
Oehrenfeld	3.40	14:48	4:21	3	1:19	77	3:53	9.90	50:47	5:07	2	2:16	69	14:07
Ilsestein	4.80	28:24	5:55	2	1:03	71	18:33	14.70	1:19:11	5:23	2	3:19	66	22:36
Plessenburg	2.30	13:23	5:49	1	-	44	3:45	17.00	1:32:34	5:26	1	-	58	26:21
Oehrenfeld	3.40	14:07	4:09	1	-	28	2:46	20.40	1:46:41	5:13	1	-	53	29:07
Ilseburg/Markt	4.50	22:03	4:54	1	-	39	5:17	24.90	2:08:44	5:10	1	-	50	34:24