



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Gerald Schmidt

Number: 382

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:15:47

Speed: 10.61 km/h

Running performance: 5:27 min/km

Rank in course/Total: 91 (of 433)

Rank in course/Men: 80 (of 351)

Best time in course: 1:34:20

Rank in category: 2(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	24:17	5:55	3	1:24	89	7:41	4.10	24:17	5:55	3	1:24	89	7:41
Plessenburg	2.40	13:03	5:26	3	0:54	88	3:54	6.50	37:20	5:44	3	2:18	84	11:35
Oehrenfeld	3.40	14:31	4:16	2	1:02	67	3:36	9.90	51:51	5:14	3	3:20	81	15:11
Ilsestein	4.80	28:46	5:59	3	1:25	77	18:55	14.70	1:20:37	5:29	3	4:45	81	24:02
Plessenburg	2.30	14:31	6:18	2	1:08	78	4:53	17.00	1:35:08	5:35	3	2:34	79	28:55
Oehrenfeld	3.40	15:53	4:40	2	1:46	85	4:32	20.40	1:51:01	5:26	3	4:20	79	33:27
Ilseburg/Markt	4.50	24:46	5:30	2	2:43	112	8:00	24.90	2:15:47	5:27	2	7:03	80	41:27