



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Uwe Heinrich

Number: 19

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M65 (65-69) B

Total time: 2:22:50

Speed: 10.08 km/h

Running performance: 5:44 min/km

Rank in course/Total: 125 (of 433)

Rank in course/Men: 113 (of 351)

Best time in course: 1:34:20

Rank in category: 3(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		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	25:30	6:13	5	125	2:37	8:54	4.10	25:30	6:13	5	125	2:37	8:54
Plessenburg	2.40	13:49	5:45	4	114	1:40	4:40	6.50	39:19	6:02	5	120	4:17	13:34
Oehrenfeld	3.40	16:10	4:45	4	131	2:41	5:15	9.90	55:29	5:36	4	118	6:58	18:49
Ilsestein	4.80	30:45	6:24	4	126	3:24	20:54	14.70	1:26:14	5:51	4	122	10:22	29:39
Plessenburg	2.30	14:45	6:24	3	89	1:22	5:07	17.00	1:40:59	5:56	4	109	8:25	34:46
Oehrenfeld	3.40	16:18	4:47	3	105	2:11	4:57	20.40	1:57:17	5:44	4	110	10:36	39:43
Ilseburg/Markt	4.50	25:33	5:40	5	138	3:30	8:47	24.90	2:22:50	5:44	3	113	14:06	48:30