



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Franz-Josef Gerbens

Club: Maschsee-Sharls Hannover
Number: 144

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:29:57

Speed: 9.60 km/h
Running performance: 6:01 min/km

Rank in course/Total: 175 (of 433)

Rank in course/Men: 157 (of 351)

Best time in course: 1:34:20

Rank in category: 5(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	22:53	5:34	1	-	61	6:17	4.10	22:53	5:34	1	-	61	6:17
Plessenburg	2.40	12:09	5:03	1	-	50	3:00	6.50	35:02	5:23	1	-	57	9:17
Oehrenfeld	3.40	13:29	3:57	1	-	36	2:34	9.90	48:31	4:54	1	-	48	11:51
Ilsestein	4.80	27:21	5:41	1	-	51	17:30	14.70	1:15:52	5:09	1	-	50	19:17
Plessenburg	2.30	17:08	7:26	10	3:45	208	7:30	17.00	1:33:00	5:28	2	0:26	62	26:47
Oehrenfeld	3.40	16:23	4:49	4	2:16	107	5:02	20.40	1:49:23	5:21	2	2:42	66	31:49
Ilseburg/Markt	4.50	40:34	9:00	23	18:31	337	23:48	24.90	2:29:57	6:01	5	21:13	157	55:37