



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ralf Krüger

Number: 262

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:31:58

Speed: 9.48 km/h
Running performance: 6:06 min/km

Rank in course/Total: 187 (of 433)

Rank in course/Men: 168 (of 351)

Best time in course: 1:34:20

Rank in category: 6(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	24:52	6:03	4	1:59	101	8:16	4.10	24:52	6:03	4	1:59	101	8:16
Plessenburg	2.40	13:51	5:46	5	1:42	116	4:42	6.50	38:43	5:57	4	3:41	106	12:58
Oehrenfeld	3.40	17:38	5:11	11	4:09	220	6:43	9.90	56:21	5:41	5	7:50	131	19:41
Ilsestein	4.80	31:34	6:34	6	4:13	151	21:43	14.70	1:27:55	5:58	5	12:03	138	31:20
Plessenburg	2.30	16:50	7:19	6	3:27	185	7:12	17.00	1:44:45	6:09	5	12:11	142	38:32
Oehrenfeld	3.40	17:55	5:16	10	3:48	189	6:34	20.40	2:02:40	6:00	6	15:59	150	45:06
Ilseburg/Markt	4.50	29:18	6:30	8	7:15	225	12:32	24.90	2:31:58	6:06	6	23:14	168	57:38