



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Bernd Thomas

Number: 446

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:32:04

Speed: 9.47 km/h
Running performance: 6:06 min/km

Rank in course/Total: 188 (of 433)

Rank in course/Men: 169 (of 351)

Best time in course: 1:34:20

Rank in category: 7(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	27:18	6:39	9	4:25	182	10:42	4.10	27:18	6:39	9	4:25	182	10:42
Plessenburg	2.40	14:53	6:12	9	2:44	183	5:44	6.50	42:11	6:29	9	7:09	183	16:26
Oehrenfeld	3.40	16:44	4:55	6	3:15	161	5:49	9.90	58:55	5:57	8	10:24	181	22:15
Ilsestein	4.80	32:45	6:49	8	5:24	181	22:54	14.70	1:31:40	6:14	8	15:48	184	35:05
Plessenburg	2.30	15:56	6:55	5	2:33	141	6:18	17.00	1:47:36	6:19	7	15:02	172	41:23
Oehrenfeld	3.40	17:38	5:11	8	3:31	171	6:17	20.40	2:05:14	6:08	7	18:33	168	47:40
Ilseburg/Markt	4.50	26:50	5:57	6	4:47	163	10:04	24.90	2:32:04	6:06	7	23:20	169	57:44