



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Philipp String

Number: 431

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M65 (65-69) B

Total time: 2:40:34

Speed: 8.97 km/h

Running performance: 6:26 min/km

Rank in course/Total: 237 (of 433)

Rank in course/Men: 212 (of 351)

Best time in course: 1:34:20

Rank in category: 10(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	27:12	6:38	8	4:19	176	10:36	4.10	27:12	6:38	8	4:19	176	10:36
Plessenburg	2.40	14:50	6:10	8	2:41	181	5:41	6.50	42:02	6:28	8	7:00	178	16:17
Oehrenfeld	3.40	16:55	4:58	8	3:26	172	6:00	9.90	58:57	5:57	9	10:26	182	22:17
Ilsestein	4.80	33:09	6:54	9	5:48	188	23:18	14.70	1:32:06	6:15	9	16:14	190	35:31
Plessenburg	2.30	17:01	7:23	8	3:38	195	7:23	17.00	1:49:07	6:25	9	16:33	191	42:54
Oehrenfeld	3.40	19:04	5:36	12	4:57	220	7:43	20.40	2:08:11	6:17	10	21:30	198	50:37
Ilseburg/Markt	4.50	32:23	7:11	13	10:20	282	15:37	24.90	2:40:34	6:26	10	31:50	212	1:06:14