



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dieter Jermis

Number: 12

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:41:10

Speed: 8.93 km/h
Running performance: 6:28 min/km

Rank in course/Total: 243 (of 433)

Rank in course/Men: 216 (of 351)

Best time in course: 1:34:20

Rank in category: 11(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	29:29	7:11	16	6:36	260	12:53	4.10	29:29	7:11	16	6:36	260	12:53
Plessenburg	2.40	16:44	6:58	14	4:35	273	7:35	6.50	46:13	7:06	14	11:11	269	20:28
Oehrenfeld	3.40	17:49	5:14	12	4:20	229	6:54	9.90	1:04:02	6:28	12	15:31	249	27:22
Ilsestein	4.80	34:39	7:13	11	7:18	225	24:48	14.70	1:38:41	6:42	12	22:49	238	42:06
Plessenburg	2.30	17:06	7:26	9	3:43	205	7:28	17.00	1:55:47	6:48	11	23:13	235	49:34
Oehrenfeld	3.40	17:33	5:09	7	3:26	168	6:12	20.40	2:13:20	6:32	11	26:39	224	55:46
Ilseburg/Markt	4.50	27:50	6:11	7	5:47	191	11:04	24.90	2:41:10	6:28	11	32:26	216	1:06:50