



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Norbert von Komorski

Number: 468

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M65 (65-69) B

Total time: 2:47:12

Speed: 8.61 km/h  
Running performance: 6:42 min/km

Rank in course/Total: 283 (of 433)

Rank in course/Men: 246 (of 351)

Best time in course: 1:34:20

Rank in category: 12(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	28:58	7:03	11	6:05	244	12:22	4.10	28:58	7:03	11	6:05	244	12:22
Plessenburg	2.40	16:18	6:47	12	4:09	256	7:09	6.50	45:16	6:57	11	10:14	247	19:31
Oehrenfeld	3.40	17:33	5:09	10	4:04	218	6:38	9.90	1:02:49	6:20	11	14:18	237	26:09
Ilsestein	4.80	35:19	7:21	12	7:58	241	25:28	14.70	1:38:08	6:40	11	22:16	233	41:33
Plessenburg	2.30	19:05	8:17	13	5:42	278	9:27	17.00	1:57:13	6:53	12	24:39	242	51:00
Oehrenfeld	3.40	19:09	5:37	13	5:02	223	7:48	20.40	2:16:22	6:41	12	29:41	238	58:48
Ilseburg/Markt	4.50	30:50	6:51	11	8:47	265	14:04	24.90	2:47:12	6:42	12	38:28	246	1:12:52