



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Eckhard Karnahl

Number: 220

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 2:59:07

Speed: 8.04 km/h
Running performance: 7:11 min/km

Rank in course/Total: 338 (of 433)

Rank in course/Men: 285 (of 351)

Best time in course: 1:34:20

Rank in category: 15(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	32:18	7:52	20	9:25	309	15:42	4.10	32:18	7:52	20	9:25	309	15:42
Plessenburg	2.40	18:35	7:44	22	6:26	323	9:26	6.50	50:53	7:49	20	15:51	318	25:08
Oehrenfeld	3.40	18:26	5:25	13	4:57	248	7:31	9.90	1:09:19	7:00	18	20:48	305	32:39
Ilsestein	4.80	39:50	8:17	19	12:29	305	29:59	14.70	1:49:09	7:25	18	33:17	304	52:34
Plessenburg	2.30	20:21	8:50	18	6:58	302	10:43	17.00	2:09:30	7:37	18	36:56	305	1:03:17
Oehrenfeld	3.40	18:37	5:28	11	4:30	208	7:16	20.40	2:28:07	7:15	18	41:26	291	1:10:33
Ilseburg/Markt	4.50	31:00	6:53	12	8:57	267	14:14	24.90	2:59:07	7:11	15	50:23	285	1:24:47