



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Hans-Joachim Klanert

Number: 226

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:02:09

Speed: 7.91 km/h
Running performance: 7:18 min/km

Rank in course/Total: 348 (of 433)

Rank in course/Men: 290 (of 351)

Best time in course: 1:34:20

Rank in category: 17(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	29:28	7:11	15	6:35	259	12:52	4.10	29:28	7:11	15	6:35	259	12:52
Plessenburg	2.40	17:27	7:16	16	5:18	296	8:18	6.50	46:55	7:13	16	11:53	277	21:10
Oehrenfeld	3.40	19:33	5:45	17	6:04	287	8:38	9.90	1:06:28	6:42	16	17:57	286	29:48
Ilsestein	4.80	39:32	8:14	16	12:11	299	29:41	14.70	1:46:00	7:12	16	30:08	293	49:25
Plessenburg	2.30	19:58	8:40	16	6:35	289	10:20	17.00	2:05:58	7:24	16	33:24	290	59:45
Oehrenfeld	3.40	21:58	6:27	19	7:51	301	10:37	20.40	2:27:56	7:15	17	41:15	290	1:10:22
Ilseburg/Markt	4.50	34:13	7:36	18	12:10	303	17:27	24.90	3:02:09	7:18	17	53:25	290	1:27:49