



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dieter Schramm

Number: 389

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:09:56

Speed: 7.58 km/h
Running performance: 7:37 min/km

Rank in course/Total: 375 (of 433)

Rank in course/Men: 310 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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	36:16	8:50	24	13:23	341	19:40	4.10	36:16	8:50	24	13:23	341	19:40
Plessenburg	2.40	18:27	7:41	21	6:18	321	9:18	6.50	54:43	8:25	24	19:41	339	28:58
Oehrenfeld	3.40	19:44	5:48	19	6:15	295	8:49	9.90	1:14:27	7:31	22	25:56	332	37:47
Ilsestein	4.80	40:38	8:27	21	13:17	315	30:47	14.70	1:55:05	7:49	22	39:13	325	58:30
Plessenburg	2.30	20:59	9:07	20	7:36	314	11:21	17.00	2:16:04	8:00	20	43:30	321	1:09:51
Oehrenfeld	3.40	20:39	6:04	17	6:32	278	9:18	20.40	2:36:43	7:40	20	50:02	317	1:19:09
Ilseburg/Markt	4.50	33:13	7:22	16	11:10	291	16:27	24.90	3:09:56	7:37	19	1:01:12	310	1:35:36