



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frank Kröber

Number: 259

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:10:44

Speed: 7.55 km/h
Running performance: 7:39 min/km

Rank in course/Total: 380 (of 433)

Rank in course/Men: 313 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	29:15	7:08	12	252	12	6:22	4.10	29:15	7:08	12	6:22	252	12:39
Plessenburg	2.40	17:02	7:05	15	285	15	4:53	6.50	46:17	7:07	15	11:15	270	20:32
Oehrenfeld	3.40	19:48	5:49	20	296	15	6:19	9.90	1:06:05	6:40	15	17:34	279	29:25
Ilsestein	4.80	36:55	7:41	13	268	14	9:34	14.70	1:43:00	7:00	14	27:08	270	46:25
Plessenburg	2.30	19:32	8:29	15	285	14	6:09	17.00	2:02:32	7:12	14	29:58	277	56:19
Oehrenfeld	3.40	21:12	6:14	18	284	14	7:05	20.40	2:23:44	7:02	14	37:03	278	1:06:10
Ilseburg/Markt	4.50	47:00	10:26	24	344	20	24:57	24.90	3:10:44	7:39	20	1:02:00	313	1:36:24