



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

GERRIT HEGINGER

Number: 177

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M70 (70-74) B

Total time: 3:17:12

Speed: 7.30 km/h  
Running performance: 7:55 min/km

Rank in course/Total: 399 (of 433)

Rank in course/Men: 330 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 2)

Best time in the category: 3:02:53

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	34:54	8:30	2	3:37	336	18:18	4.10	34:54	8:30	2	3:37	336	18:18
Plessenburg	2.40	18:38	7:45	2	1:49	326	9:29	6.50	53:32	8:14	2	5:26	333	27:47
Oehrenfeld	3.40	19:42	5:47	2	1:36	293	8:47	9.90	1:13:14	7:23	2	7:02	326	36:34
Ilsestein	4.80	44:17	9:13	2	4:15	340	34:26	14.70	1:57:31	7:59	2	11:17	335	1:00:56
Plessenburg	2.30	20:48	9:02	2	0:02	310	11:10	17.00	2:18:19	8:08	2	11:19	330	1:12:06
Oehrenfeld	3.40	23:05	6:47	2	1:45	312	11:44	20.40	2:41:24	7:54	2	13:04	329	1:23:50
Ilseburg/Markt	4.50	35:48	7:57	2	1:15	318	19:02	24.90	3:17:12	7:55	2	14:19	330	1:42:52