



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Frank Lange

Number: 834

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Männer

Total time: 3:57:32

Speed: 6.06 km/h  
Running performance: 9:32 min/km

Rank in course/Total: 14 (of 70)

Rank in course/Men: 6 (of 24)

Best time in course: 3:24:19

Rank in category: 6(of 24)

Best time in the category: 3:24:19

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	46:14	11:16	18	10:03	18	10:03	4.10	46:14	11:16	18	10:03	18	10:03
Plessenburg	2.40	21:39	9:01	5	2:44	5	2:44	6.50	1:07:53	10:26	14	11:38	14	11:38
Oehrenfeld	3.40	32:54	9:40	12	8:13	12	8:13	9.90	1:40:47	10:10	12	19:33	12	19:33
Ilsestein	4.80	46:38	9:42	4	4:40	4	4:40	14.70	2:27:25	10:01	10	24:13	10	24:13
Plessenburg	2.30	22:22	9:43	5	2:46	5	2:46	17.00	2:49:47	9:59	8	26:56	8	26:56
Oehrenfeld	3.40	28:58	8:31	4	4:06	4	4:06	20.40	3:18:45	9:44	8	31:02	8	31:02
Ilseburg/Markt	4.50	38:47	8:37	3	2:11	3	2:11	24.90	3:57:32	9:32	6	33:13	6	33:13