



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Roland Berner

Number: 795

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Männer

Total time: 4:09:40

Speed: 5.77 km/h  
Running performance: 10:01 min/km

Rank in course/Total: 25 (of 70)

Rank in course/Men: 11 (of 24)

Best time in course: 3:24:19

Rank in category: 11(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		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	45:14	11:01	17	17	9:03	17	9:03	4.10	45:14	11:01	17	17	9:03
Plessenburg	2.40	23:02	9:35	10	10	4:07	10	4:07	6.50	1:08:16	10:30	18	18	12:01
Oehrenfeld	3.40	32:42	9:37	11	11	8:01	11	8:01	9.90	1:40:58	10:11	13	13	19:44
Ilsestein	4.80	50:57	10:36	11	11	8:59	11	8:59	14.70	2:31:55	10:20	12	12	28:43
Plessenburg	2.30	23:24	10:10	9	9	3:48	9	3:48	17.00	2:55:19	10:18	12	12	32:28
Oehrenfeld	3.40	30:17	8:54	6	6	5:25	6	5:25	20.40	3:25:36	10:04	12	12	37:53
Ilseburg/Markt	4.50	44:04	9:47	10	10	7:28	10	7:28	24.90	4:09:40	10:01	11	11	45:21