



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Hans-Joachim Harnagel

Number: 815

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Männer

Total time: 4:29:54

Speed: 5.34 km/h  
Running performance: 10:50 min/km

Rank in course/Total: 36 (of 70)

Rank in course/Men: 17 (of 24)

Best time in course: 3:24:19

Rank in category: 17(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	43:55	10:42	16	7:44	16	7:44	4.10	43:55	10:42	16	7:44	16	7:44
Plessenburg	2.40	23:35	9:49	12	4:40	12	4:40	6.50	1:07:30	10:23	13	11:15	13	11:15
Oehrenfeld	3.40	35:37	10:28	17	10:56	17	10:56	9.90	1:43:07	10:24	18	21:53	18	21:53
Ilsestein	4.80	52:52	11:00	15	10:54	15	10:54	14.70	2:35:59	10:36	17	32:47	17	32:47
Plessenburg	2.30	25:28	11:04	16	5:52	16	5:52	17.00	3:01:27	10:40	16	38:36	16	38:36
Oehrenfeld	3.40	38:46	11:24	18	13:54	18	13:54	20.40	3:40:13	10:47	17	52:30	17	52:30
Ilseburg/Markt	4.50	49:41	11:02	17	13:05	17	13:05	24.90	4:29:54	10:50	17	1:05:35	17	1:05:35