



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jens Rimbach

Club: ROSSMANN  
Number: 1091

Course: 3.90 km  
3,9 km - Lauf

Category:  
Senioren M45 (45-49)

Total time: 25:59

Speed: 6.93 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 26 (of 44)

Rank in course/Men: 18 (of 23)

Best time in course: 15:02

Rank in category: 1(of 1)

Best time in the category: 25:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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
Control	1.90	12:53	6:46	1	-	17	5:01	1.90	12:53	6:46	1	-	17	5:01
Ilseburg/Markt	2.00	13:06	6:32	1	-	16	5:56	3.90	25:59	6:39	1	-	18	10:57