



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Torben Lippmann

Number: 655

Course: 10.10 km  
10,1 km - Lauf

Category:  
männliche Jugend U20 (18-19) I

Total time: 56:20

Speed: 10.65 km/h

Running performance: 5:34 min/km

Rank in course/Total: 42 (of 178)

Rank in course/Men: 37 (of 117)

Best time in course: 38:24

Rank in category: 4(of 6)

Best time in the category: 41:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	25:10	6:08	3	6:50	33	7:31	4.10	25:10	6:08	3	6:50	33	7:31
Control	0.90	6:21	7:03	3	1:44	34	3:15	5.00	31:31	6:18	3	8:34	33	28:25
Ilsestein	1.00	6:18	6:17	5	2:09	64	2:42	6.00	37:49	6:18	3	10:43	38	21:44
Ilseburg/Markt	4.10	18:31	4:30	4	4:31	34	5:40	10.10	56:20	5:34	4	15:14	37	17:56