



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jannik Evers

Club: No f*cking X-Cuses
Number: 112

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:07:02

Speed: 11.34 km/h
Running performance: 5:06 min/km

Rank in course/Total: 48 (of 433)

Rank in course/Men: 43 (of 351)

Best time in course: 1:34:20

Rank in category: 4(of 32)

Best time in the category: 1:40:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Ilsestein	4.10	22:20	5:26	5	48	4:23	5:44	4.10	22:20	5:26	5	4:23	48	5:44			
Plessenburg	2.40	11:39	4:51	4	33	1:49	2:30	6.50	33:59	5:13	4	6:12	46	8:14			
Oehrenfeld	3.40	14:17	4:12	8	56	2:30	3:22	9.90	48:16	4:52	5	8:42	46	11:36			
Ilsestein	4.80	26:08	5:26	3	35	4:42	16:17	14.70	1:14:24	5:03	4	13:24	43	17:49			
Plessenburg	2.30	12:50	5:34	4	33	2:34	3:12	17.00	1:27:14	5:07	3	15:58	38	21:01			
Oehrenfeld	3.40	14:49	4:21	4	43	2:45	3:28	20.40	1:42:03	5:00	3	18:43	35	24:29			
Ilseburg/Markt	4.50	24:59	5:33	14	121	7:36	8:13	24.90	2:07:02	5:06	4	26:19	43	32:42			