



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Luca Schmerfeld

Number: 378

Course: 24.90 km  
24,9 km - Lauf

Category:  
Männer (20-29) B

Total time: 2:12:18

Speed: 10.88 km/h

Running performance: 5:18 min/km

Rank in course/Total: 73 (of 433)

Rank in course/Men: 63 (of 351)

Best time in course: 1:34:20

Rank in category: 8(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 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	22:43	5:32	7	4:46	59	6:07	4.10	22:43	5:32	7	4:46	59	6:07
Plessenburg	2.40	12:59	5:24	15	3:09	82	3:50	6.50	35:42	5:29	7	7:55	61	9:57
Oehrenfeld	3.40	15:15	4:29	18	3:28	99	4:20	9.90	50:57	5:08	9	11:23	71	14:17
Ilsestein	4.80	28:20	5:54	10	6:54	70	18:29	14.70	1:19:17	5:23	8	18:17	68	22:42
Plessenburg	2.30	14:25	6:16	11	4:09	75	4:47	17.00	1:33:42	5:30	9	22:26	66	27:29
Oehrenfeld	3.40	15:26	4:32	6	3:22	61	4:05	20.40	1:49:08	5:20	8	25:48	63	31:34
Ilseburg/Markt	4.50	23:10	5:08	7	5:47	63	6:24	24.90	2:12:18	5:18	8	31:35	63	37:58