



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Till Meiners

Club: Silvesterfreundeläufer
Number: 298

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:12:25

Speed: 10.87 km/h
Running performance: 5:19 min/km

Rank in course/Total: 74 (of 433)

Rank in course/Men: 64 (of 351)

Best time in course: 1:34:20

Rank in category: 9(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	25:28	6:12	18	7:31	120	8:52	4.10	25:28	6:12	18	7:31	120	8:52
Plessenburg	2.40	12:29	5:12	6	2:39	56	3:20	6.50	37:57	5:50	15	10:10	97	12:12
Oehrenfeld	3.40	14:53	4:22	15	3:06	84	3:58	9.90	52:50	5:20	16	13:16	93	16:10
Ilsestein	4.80	27:51	5:48	8	6:25	59	18:00	14.70	1:20:41	5:29	11	19:41	82	24:06
Plessenburg	2.30	13:22	5:48	5	3:06	43	3:44	17.00	1:34:03	5:31	11	22:47	69	27:50
Oehrenfeld	3.40	15:33	4:34	7	3:29	68	4:12	20.40	1:49:36	5:22	10	26:16	69	32:02
Ilseburg/Markt	4.50	22:49	5:04	5	5:26	52	6:03	24.90	2:12:25	5:19	9	31:42	64	38:05