



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Janis Willger

Number: 1109

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:14:37

Speed: 10.70 km/h

Running performance: 5:24 min/km

Rank in course/Total: 85 (of 433)

Rank in course/Men: 74 (of 351)

Best time in course: 1:34:20

Rank in category: 10(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	25:09	6:08	16	7:12	109	8:33	4.10	25:09	6:08	16	7:12	109	8:33
Plessenburg	2.40	12:57	5:23	13	3:07	79	3:48	6.50	38:06	5:51	17	10:19	101	12:21
Oehrenfeld	3.40	14:37	4:17	12	2:50	70	3:42	9.90	52:43	5:19	14	13:09	91	16:03
Ilsestein	4.80	27:46	5:47	7	6:20	56	17:55	14.70	1:20:29	5:28	10	19:29	79	23:54
Plessenburg	2.30	13:25	5:50	6	3:09	45	3:47	17.00	1:33:54	5:31	10	22:38	68	27:41
Oehrenfeld	3.40	15:39	4:36	8	3:35	74	4:18	20.40	1:49:33	5:22	9	26:13	68	31:59
Ilseburg/Markt	4.50	25:04	5:34	16	7:41	125	8:18	24.90	2:14:37	5:24	10	33:54	74	40:17