



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Silvio Just

Number: 216

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:16:19

Speed: 10.56 km/h

Running performance: 5:28 min/km

Rank in course/Total: 93 (of 433)

Rank in course/Men: 82 (of 351)

Best time in course: 1:34:20

Rank in category: 11(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	24:41	6:01	13	6:44	98	8:05	4.10	24:41	6:01	13	6:44	98	8:05
Plessenburg	2.40	13:15	5:31	17	3:25	94	4:06	6.50	37:56	5:50	14	10:09	96	12:11
Oehrenfeld	3.40	14:54	4:22	16	3:07	86	3:59	9.90	52:50	5:20	16	13:16	93	16:10
Ilsestein	4.80	28:40	5:58	11	7:14	74	18:49	14.70	1:21:30	5:32	13	20:30	86	24:55
Plessenburg	2.30	14:54	6:28	13	4:38	94	5:16	17.00	1:36:24	5:40	13	25:08	83	30:11
Oehrenfeld	3.40	16:13	4:46	10	4:09	99	4:52	20.40	1:52:37	5:31	12	29:17	85	35:03
Ilseburg/Markt	4.50	23:42	5:15	9	6:19	81	6:56	24.90	2:16:19	5:28	11	35:36	82	41:59