



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Luca Krone

Number: 261

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:17:25

Speed: 10.48 km/h
Running performance: 5:31 min/km

Rank in course/Total: 99 (of 433)

Rank in course/Men: 87 (of 351)

Best time in course: 1:34:20

Rank in category: 13(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	26:29	6:27	20	8:32	153	9:53	4.10	26:29	6:27	20	8:32	153	9:53
Plessenburg	2.40	13:24	5:35	18	3:34	101	4:15	6.50	39:53	6:08	20	12:06	132	14:08
Oehrenfeld	3.40	16:21	4:48	23	4:34	148	5:26	9.90	56:14	5:40	21	16:40	130	19:34
Ilsestein	4.80	27:20	5:41	5	5:54	49	17:29	14.70	1:23:34	5:41	16	22:34	99	26:59
Plessenburg	2.30	13:33	5:53	7	3:17	49	3:55	17.00	1:37:07	5:42	15	25:51	89	30:54
Oehrenfeld	3.40	17:11	5:03	20	5:07	152	5:50	20.40	1:54:18	5:36	16	30:58	94	36:44
Ilseburg/Markt	4.50	23:07	5:08	6	5:44	62	6:21	24.90	2:17:25	5:31	13	36:42	87	43:05