



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jonathan Pleuß

Number: 334

Course: 24.90 km  
24,9 km - Lauf

Category:  
Männer (20-29) B

Total time: 2:18:56

Speed: 10.36 km/h

Running performance: 5:34 min/km

Rank in course/Total: 105 (of 433)

Rank in course/Men: 93 (of 351)

Best time in course: 1:34:20

Rank in category: 15(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	24:58	6:05	14	7:01	105	8:22	4.10	24:58	6:05	14	7:01	105	8:22
Plessenburg	2.40	12:49	5:20	11	2:59	72	3:40	6.50	37:47	5:48	13	10:00	93	12:02
Oehrenfeld	3.40	13:33	3:59	5	1:46	37	2:38	9.90	51:20	5:11	11	11:46	77	14:40
Ilsestein	4.80	30:30	6:21	18	9:04	115	20:39	14.70	1:21:50	5:34	14	20:50	89	25:15
Plessenburg	2.30	15:08	6:34	15	4:52	104	5:30	17.00	1:36:58	5:42	14	25:42	87	30:45
Oehrenfeld	3.40	16:41	4:54	14	4:37	119	5:20	20.40	1:53:39	5:34	14	30:19	90	36:05
Ilseburg/Markt	4.50	25:17	5:37	17	7:54	131	8:31	24.90	2:18:56	5:34	15	38:13	93	44:36