



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 |