



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Leopold Banach

Number: 36

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:20:56

Speed: 10.22 km/h

Running performance: 5:39 min/km

Rank in course/Total: 114 (of 433)

Rank in course/Men: 102 (of 351)

Best time in course: 1:34:20

Rank in category: 16(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	25:08	6:07	15	7:11	108	8:32	4.10	25:08	6:07	15	7:11	108	8:32
Plessenburg	2.40	12:57	5:23	13	3:07	79	3:48	6.50	38:05	5:51	16	10:18	100	12:20
Oehrenfeld	3.40	14:38	4:18	13	2:51	72	3:43	9.90	52:43	5:19	14	13:09	91	16:03
Ilsestein	4.80	29:31	6:08	14	8:05	87	19:40	14.70	1:22:14	5:35	15	21:14	91	25:39
Plessenburg	2.30	15:09	6:35	16	4:53	106	5:31	17.00	1:37:23	5:43	16	26:07	91	31:10
Oehrenfeld	3.40	16:36	4:52	12	4:32	114	5:15	20.40	1:53:59	5:35	15	30:39	93	36:25
Ilseburg/Markt	4.50	26:57	5:59	20	9:34	168	10:11	24.90	2:20:56	5:39	16	40:13	102	46:36