



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Luca Köhler

Number: 241

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:22:17

Speed: 10.12 km/h

Running performance: 5:42 min/km

Rank in course/Total: 123 (of 433)

Rank in course/Men: 111 (of 351)

Best time in course: 1:34:20

Rank in category: 17(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	25:29	6:12	19	7:32	122	8:53	4.10	25:29	6:12	19	7:32	122	8:53
Plessenburg	2.40	13:45	5:43	19	3:55	112	4:36	6.50	39:14	6:02	19	11:27	119	13:29
Oehrenfeld	3.40	15:43	4:37	21	3:56	116	4:48	9.90	54:57	5:33	19	15:23	112	18:17
Ilsestein	4.80	30:21	6:19	16	8:55	106	20:30	14.70	1:25:18	5:48	18	24:18	105	28:43
Plessenburg	2.30	15:28	6:43	18	5:12	124	5:50	17.00	1:40:46	5:55	18	29:30	106	34:33
Oehrenfeld	3.40	16:57	4:59	16	4:53	133	5:36	20.40	1:57:43	5:46	18	34:23	112	40:09
Ilseburg/Markt	4.50	24:34	5:27	12	7:11	107	7:48	24.90	2:22:17	5:42	17	41:34	111	47:57