



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Henrik Book

Club: No f*cking X-Cuses
Number: 50

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:23:50

Speed: 10.01 km/h
Running performance: 5:46 min/km

Rank in course/Total: 131 (of 433)

Rank in course/Men: 119 (of 351)

Best time in course: 1:34:20

Rank in category: 18(of 32)

Best time in the category: 1:40:43

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ilsestein	4.10	28:34	6:58	25	10:37	231	11:58	4.10	28:34	6:58	25	10:37	231	11:58
Plessenburg	2.40	15:28	6:26	24	5:38	210	6:19	6.50	44:02	6:46	24	16:15	221	18:17
Oehrenfeld	3.40	14:58	4:24	17	3:11	87	4:03	9.90	59:00	5:57	23	19:26	183	22:20
Ilsestein	4.80	32:02	6:40	21	10:36	166	22:11	14.70	1:31:02	6:11	23	30:02	173	34:27
Plessenburg	2.30	14:20	6:13	10	4:04	71	4:42	17.00	1:45:22	6:11	21	34:06	150	39:09
Oehrenfeld	3.40	16:34	4:52	11	4:30	111	5:13	20.40	2:01:56	5:58	20	38:36	143	44:22
Ilseburg/Markt	4.50	21:54	4:51	3	4:31	37	5:08	24.90	2:23:50	5:46	18	43:07	119	49:30