



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Max Förster

Number: 123

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:28:49

Speed: 9.68 km/h
Running performance: 5:58 min/km

Rank in course/Total: 161 (of 433)

Rank in course/Men: 144 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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	30:12	7:21	30	12:15	275	13:36	4.10	30:12	7:21	30	12:15	275	13:36
Plessenburg	2.40	14:40	6:06	22	4:50	171	5:31	6.50	44:52	6:54	25	17:05	240	19:07
Oehrenfeld	3.40	16:23	4:49	24	4:36	150	5:28	9.90	1:01:15	6:11	25	21:41	218	24:35
Ilsestein	4.80	31:40	6:35	20	10:14	153	21:49	14.70	1:32:55	6:19	24	31:55	197	36:20
Plessenburg	2.30	15:22	6:40	17	5:06	116	5:44	17.00	1:48:17	6:22	23	37:01	177	42:04
Oehrenfeld	3.40	17:02	5:00	18	4:58	142	5:41	20.40	2:05:19	6:08	23	41:59	169	47:45
Ilseburg/Markt	4.50	23:30	5:13	8	6:07	74	6:44	24.90	2:28:49	5:58	21	48:06	144	54:29