



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Felix Henke

Number: 184

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:31:23

Speed: 9.51 km/h
Running performance: 6:04 min/km

Rank in course/Total: 184 (of 433)

Rank in course/Men: 166 (of 351)

Best time in course: 1:34:20

Rank in category: 22(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	24:07	5:52	10	83	6:10	7:31	4.10	24:07	5:52	10	83	6:10	7:31
Plessenburg	2.40	12:52	5:21	12	75	3:02	3:43	6.50	36:59	5:41	10	79	9:12	11:14
Oehrenfeld	3.40	14:17	4:12	8	56	2:30	3:22	9.90	51:16	5:10	10	75	11:42	14:36
Ilsestein	4.80	35:45	7:26	27	252	14:19	25:54	14.70	1:27:01	5:55	21	129	26:01	30:26
Plessenburg	2.30	18:24	8:00	25	258	8:08	8:46	17.00	1:45:25	6:12	22	151	34:09	39:12
Oehrenfeld	3.40	17:23	5:06	21	161	5:19	6:02	20.40	2:02:48	6:01	21	152	39:28	45:14
Ilseburg/Markt	4.50	28:35	6:21	25	213	11:12	11:49	24.90	2:31:23	6:04	22	166	50:40	57:03