



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Lennart Henke

Club: Sportinstitut TU Clausthal
Number: 185

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:36:41

Speed: 9.19 km/h
Running performance: 6:17 min/km

Rank in course/Total: 216 (of 433)

Rank in course/Men: 195 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	26:32	6:28	21	8:35	156	9:56	4.10	26:32	6:28	21	8:35	156	9:56
Plessenburg	2.40	14:46	6:09	23	4:56	180	5:37	6.50	41:18	6:21	22	13:31	162	15:33
Oehrenfeld	3.40	15:47	4:38	22	4:00	121	4:52	9.90	57:05	5:45	22	17:31	141	20:25
Ilsestein	4.80	33:22	6:57	23	11:56	197	23:31	14.70	1:30:27	6:09	22	29:27	165	33:52
Plessenburg	2.30	18:38	8:06	27	8:22	268	9:00	17.00	1:49:05	6:24	24	37:49	189	42:52
Oehrenfeld	3.40	19:56	5:51	26	7:52	254	8:35	20.40	2:09:01	6:19	24	45:41	203	51:27
Ilseburg/Markt	4.50	27:40	6:08	22	10:17	186	10:54	24.90	2:36:41	6:17	24	55:58	195	1:02:21