



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Marian Eleks

Number: 107

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:39:40

Speed: 9.02 km/h

Running performance: 6:24 min/km

Rank in course/Total: 233 (of 433)

Rank in course/Men: 209 (of 351)

Best time in course: 1:34:20

Rank in category: 25(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			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	28:32	6:57	24	10:35	229	11:56	4.10	28:32	6:57	24	10:35	229	11:56
Plessenburg	2.40	15:28	6:26	24	5:38	210	6:19	6.50	44:00	6:46	23	16:13	220	18:15
Oehrenfeld	3.40	17:07	5:02	25	5:20	183	6:12	9.90	1:01:07	6:10	24	21:33	214	24:27
Ilsestein	4.80	34:18	7:08	24	12:52	214	24:27	14.70	1:35:25	6:29	25	34:25	210	38:50
Plessenburg	2.30	16:50	7:19	22	6:34	185	7:12	17.00	1:52:15	6:36	25	40:59	207	46:02
Oehrenfeld	3.40	19:16	5:40	24	7:12	231	7:55	20.40	2:11:31	6:26	25	48:11	211	53:57
Ilseburg/Markt	4.50	28:09	6:15	23	10:46	199	11:23	24.90	2:39:40	6:24	25	58:57	209	1:05:20