



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Niraj Kumar

Club: Sportinstitut TU Clausthal  
Number: 548

Course: 24.90 km  
24,9 km - Lauf

Category:  
Männer (20-29) B

Total time: 2:45:21

Speed: 8.71 km/h  
Running performance: 6:38 min/km

Rank in course/Total: 275 (of 433)

Rank in course/Men: 240 (of 351)

Best time in course: 1:34:20

Rank in category: 27(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	30:04	7:20	28	12:07	272	13:28	4.10	30:04	7:20	28	12:07	272	13:28
Plessenburg	2.40	15:56	6:38	27	6:06	235	6:47	6.50	46:00	7:04	29	18:13	264	20:15
Oehrenfeld	3.40	19:04	5:36	28	7:17	266	8:09	9.90	1:05:04	6:34	29	25:30	265	28:24
Ilsestein	4.80	34:50	7:15	25	13:24	227	24:59	14.70	1:39:54	6:47	28	38:54	253	43:19
Plessenburg	2.30	17:19	7:31	23	7:03	218	7:41	17.00	1:57:13	6:53	27	45:57	242	51:00
Oehrenfeld	3.40	19:11	5:38	23	7:07	224	7:50	20.40	2:16:24	6:41	26	53:04	239	58:50
Ilseburg/Markt	4.50	28:57	6:26	26	11:34	221	12:11	24.90	2:45:21	6:38	27	1:04:38	240	1:11:01