



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Leon Kröger

Number: 260

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:52:55

Speed: 8.33 km/h

Running performance: 6:56 min/km

Rank in course/Total: 316 (of 433)

Rank in course/Men: 271 (of 351)

Best time in course: 1:34:20

Rank in category: 28(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	28:09	6:51	23	216	10:12	11:33	4.10	28:09	6:51	23	216	10:12	11:33
Plessenburg	2.40	16:51	7:01	29	277	7:01	7:42	6.50	45:00	6:55	28	244	17:13	19:15
Oehrenfeld	3.40	18:01	5:17	26	236	6:14	7:06	9.90	1:03:01	6:21	26	238	23:27	26:21
Ilsestein	4.80	36:15	7:33	28	258	14:49	26:24	14.70	1:39:16	6:45	27	250	38:16	42:41
Plessenburg	2.30	19:24	8:26	28	282	9:08	9:46	17.00	1:58:40	6:58	28	253	47:24	52:27
Oehrenfeld	3.40	22:33	6:37	29	307	10:29	11:12	20.40	2:21:13	6:55	28	271	57:53	1:03:39
Ilseburg/Markt	4.50	31:42	7:02	29	272	14:19	14:56	24.90	2:52:55	6:56	28	271	1:12:12	1:18:35