



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Lennart Hibbeln

Number: 195

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 3:10:25

Speed: 7.56 km/h

Running performance: 7:38 min/km

Rank in course/Total: 378 (of 433)

Rank in course/Men: 312 (of 351)

Best time in course: 1:34:20

Rank in category: 29(of 32)

Best time in the category: 1:40:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	36:44	8:57	32	18:47	344	20:08	4.10	36:44	8:57	32	18:47	344	20:08
Plessenburg	2.40	20:04	8:21	32	10:14	340	10:55	6.50	56:48	8:44	32	29:01	345	31:03
Oehrenfeld	3.40	21:32	6:20	31	9:45	333	10:37	9.90	1:18:20	7:54	32	38:46	344	41:40
Ilsestein	4.80	39:27	8:13	30	18:01	298	29:36	14.70	1:57:47	8:00	31	56:47	336	1:01:12
Plessenburg	2.30	20:27	8:53	29	10:11	305	10:49	17.00	2:18:14	8:07	31	1:06:58	329	1:12:01
Oehrenfeld	3.40	21:32	6:20	28	9:28	292	10:11	20.40	2:39:46	7:49	31	1:16:26	323	1:22:12
Ilseburg/Markt	4.50	30:39	6:48	28	13:16	261	13:53	24.90	3:10:25	7:38	29	1:29:42	312	1:36:05