



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Robin Hennig

Number: 187

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 3:14:51

Speed: 7.39 km/h

Running performance: 7:49 min/km

Rank in course/Total: 391 (of 433)

Rank in course/Men: 322 (of 351)

Best time in course: 1:34:20

Rank in category: 30(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	30:09	7:21	29	12:12	274	13:33	4.10	30:09	7:21	29	12:12	274	13:33
Plessenburg	2.40	17:58	7:29	30	8:08	310	8:49	6.50	48:07	7:24	30	20:20	290	22:22
Oehrenfeld	3.40	20:10	5:55	30	8:23	310	9:15	9.90	1:08:17	6:53	30	28:43	290	31:37
Ilsestein	4.80	41:56	8:44	31	20:30	325	32:05	14.70	1:50:13	7:29	30	49:13	310	53:38
Plessenburg	2.30	21:17	9:15	30	11:01	321	11:39	17.00	2:11:30	7:44	30	1:00:14	309	1:05:17
Oehrenfeld	3.40	26:36	7:49	30	14:32	337	15:15	20.40	2:38:06	7:45	30	1:14:46	321	1:20:32
Ilseburg/Markt	4.50	36:45	8:09	30	19:22	325	19:59	24.90	3:14:51	7:49	30	1:34:08	322	1:40:31