



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Friedrich Lautenschläger

Number: 269

Course: 24.90 km
24,9 km - Lauf

Category:
männliche Jugend U20 (18-19) B

Total time: 2:45:30

Speed: 8.70 km/h

Running performance: 6:38 min/km

Rank in course/Total: 276 (of 433)

Rank in course/Men: 241 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 4)

Best time in the category: 2:13:34

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	28:25	6:55	2	7:36	225	11:49	4.10	28:25	6:55	2	7:36	225	11:49
Plessenburg	2.40	15:38	6:30	2	2:58	224	6:29	6.50	44:03	6:46	2	10:34	222	18:18
Oehrenfeld	3.40	19:28	5:43	3	6:00	282	8:33	9.90	1:03:31	6:24	2	16:34	243	26:51
Ilsestein	4.80	35:36	7:25	2	4:51	247	25:45	14.70	1:39:07	6:44	2	21:25	246	42:32
Plessenburg	2.30	17:03	7:24	2	1:46	199	7:25	17.00	1:56:10	6:50	2	23:11	236	49:57
Oehrenfeld	3.40	21:13	6:14	3	5:04	286	9:52	20.40	2:17:23	6:44	2	28:15	244	59:49
Ilseburg/Markt	4.50	28:07	6:14	2	3:41	196	11:21	24.90	2:45:30	6:38	2	31:56	241	1:11:10