



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Leo Koch

Club: Mountain Men Essinghausen
Number: 238

Course: 24.90 km
24,9 km - Lauf

Category:
männliche Jugend U20 (18-19) B

Total time: 2:52:37

Speed: 8.34 km/h
Running performance: 6:55 min/km

Rank in course/Total: 312 (of 433)

Rank in course/Men: 268 (of 351)

Best time in course: 1:34:20

Rank in category: 4(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	31:16	7:37	4	10:27	297	14:40	4.10	31:16	7:37	4	10:27	297	14:40
Plessenburg	2.40	17:00	7:05	4	4:20	283	7:51	6.50	48:16	7:25	4	14:47	293	22:31
Oehrenfeld	3.40	20:04	5:54	4	6:36	307	9:09	9.90	1:08:20	6:54	4	21:23	291	31:40
Ilsestein	4.80	35:38	7:25	3	4:53	248	25:47	14.70	1:43:58	7:04	4	26:16	278	47:23
Plessenburg	2.30	17:36	7:39	3	2:19	233	7:58	17.00	2:01:34	7:09	4	28:35	272	55:21
Oehrenfeld	3.40	21:17	6:15	4	5:08	288	9:56	20.40	2:22:51	7:00	4	33:43	274	1:05:17
Ilseburg/Markt	4.50	29:46	6:36	3	5:20	237	13:00	24.90	2:52:37	6:55	4	39:03	268	1:18:17