



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Florian Jander

Number: 210

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:21:00

Speed: 10.21 km/h

Running performance: 5:39 min/km

Rank in course/Total: 115 (of 433)

Rank in course/Men: 103 (of 351)

Best time in course: 1:34:20

Rank in category: 12(of 25)

Best time in the category: 1:34:20

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	24:47	6:02	10	8:11	100	8:11	4.10	24:47	6:02	10	8:11	100	8:11
Plessenburg	2.40	13:01	5:25	10	3:52	85	3:52	6.50	37:48	5:48	10	12:03	94	12:03
Oehrenfeld	3.40	16:01	4:42	12	5:06	126	5:06	9.90	53:49	5:26	11	17:09	99	17:09
Ilsestein	4.80	30:31	6:21	13	20:40	116	20:40	14.70	1:24:20	5:44	12	27:45	102	27:45
Plessenburg	2.30	14:46	6:25	11	5:08	90	5:08	17.00	1:39:06	5:49	11	32:53	99	32:53
Oehrenfeld	3.40	17:44	5:12	15	6:23	175	6:23	20.40	1:56:50	5:43	12	39:16	108	39:16
Ilseburg/Markt	4.50	24:10	5:22	12	7:24	94	7:24	24.90	2:21:00	5:39	12	46:40	103	46:40