



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jonathan Robert Krannich

Number: 247

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:23:55

Speed: 10.01 km/h
Running performance: 5:46 min/km

Rank in course/Total: 132 (of 433)

Rank in course/Men: 120 (of 351)

Best time in course: 1:34:20

Rank in category: 13(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	27:00	6:35	14	10:24	167	10:24	4.10	27:00	6:35	14	10:24	167	10:24
Plessenburg	2.40	15:01	6:15	16	5:52	193	5:52	6.50	42:01	6:27	14	16:16	177	16:16
Oehrenfeld	3.40	16:19	4:47	13	5:24	143	5:24	9.90	58:20	5:53	14	21:40	176	21:40
Ilsestein	4.80	30:50	6:25	15	20:59	132	20:59	14.70	1:29:10	6:03	15	32:35	152	32:35
Plessenburg	2.30	15:34	6:46	15	5:56	128	5:56	17.00	1:44:44	6:09	14	38:31	141	38:31
Oehrenfeld	3.40	15:30	4:33	10	4:09	65	4:09	20.40	2:00:14	5:53	13	42:40	130	42:40
Ilseburg/Markt	4.50	23:41	5:15	11	6:55	80	6:55	24.90	2:23:55	5:46	13	49:35	120	49:35