



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jan Drees

Number: 95

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:28:58

Speed: 9.67 km/h
Running performance: 5:58 min/km

Rank in course/Total: 164 (of 433)

Rank in course/Men: 147 (of 351)

Best time in course: 1:34:20

Rank in category: 15(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	28:46	7:00	19	12:10	238	12:10	4.10	28:46	7:00	19	12:10	238	12:10
Plessenburg	2.40	14:41	6:07	14	5:32	172	5:32	6.50	43:27	6:41	15	17:42	208	17:42
Oehrenfeld	3.40	16:41	4:54	15	5:46	158	5:46	9.90	1:00:08	6:04	16	23:28	200	23:28
Ilsestein	4.80	31:26	6:32	16	21:35	146	21:35	14.70	1:31:34	6:13	17	34:59	180	34:59
Plessenburg	2.30	14:59	6:30	13	5:21	100	5:21	17.00	1:46:33	6:16	15	40:20	161	40:20
Oehrenfeld	3.40	17:09	5:02	13	5:48	149	5:48	20.40	2:03:42	6:03	15	46:08	159	46:08
Ilseburg/Markt	4.50	25:16	5:36	14	8:30	130	8:30	24.90	2:28:58	5:58	15	54:38	147	54:38