



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Patrick Lee Hetmann

Number: 194

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:41:22

Speed: 8.92 km/h
Running performance: 6:28 min/km

Rank in course/Total: 244 (of 433)

Rank in course/Men: 217 (of 351)

Best time in course: 1:34:20

Rank in category: 18(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	28:42	7:00	17	12:06	235	12:06	4.10	28:42	7:00	17	12:06	235	12:06
Plessenburg	2.40	15:28	6:26	18	6:19	210	6:19	6.50	44:10	6:47	19	18:25	231	18:25
Oehrenfeld	3.40	17:14	5:04	16	6:19	188	6:19	9.90	1:01:24	6:12	18	24:44	221	24:44
Ilsestein	4.80	33:08	6:54	18	23:17	187	23:17	14.70	1:34:32	6:25	18	37:57	206	37:57
Plessenburg	2.30	17:04	7:25	18	7:26	201	7:26	17.00	1:51:36	6:33	17	45:23	205	45:23
Oehrenfeld	3.40	19:54	5:51	21	8:33	251	8:33	20.40	2:11:30	6:26	17	53:56	210	53:56
Ilseburg/Markt	4.50	29:52	6:38	18	13:06	243	13:06	24.90	2:41:22	6:28	18	1:07:02	217	1:07:02