



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Fabian Köberle

Number: 236

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:44:22

Speed: 8.76 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 269 (of 433)

Rank in course/Men: 235 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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	28:23	6:55	16	11:47	224	11:47	4.10	28:23	6:55	16	11:47	224	11:47
Plessenburg	2.40	16:12	6:45	21	7:03	250	7:03	6.50	44:35	6:51	20	18:50	236	18:50
Oehrenfeld	3.40	18:06	5:19	20	7:11	240	7:11	9.90	1:02:41	6:19	20	26:01	235	26:01
Ilsestein	4.80	33:46	7:02	21	23:55	204	23:55	14.70	1:36:27	6:33	20	39:52	222	39:52
Plessenburg	2.30	18:04	7:51	22	8:26	249	8:26	17.00	1:54:31	6:44	19	48:18	224	48:18
Oehrenfeld	3.40	19:30	5:44	20	8:09	236	8:09	20.40	2:14:01	6:34	20	56:27	232	56:27
Ilseburg/Markt	4.50	30:21	6:44	21	13:35	255	13:35	24.90	2:44:22	6:36	20	1:10:02	235	1:10:02