



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jean-Luc Van Heckeren

Number: 464

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:52:43

Speed: 8.34 km/h
Running performance: 6:56 min/km

Rank in course/Total: 314 (of 433)

Rank in course/Men: 270 (of 351)

Best time in course: 1:34:20

Rank in category: 22(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	32:25	7:54	23	15:49	312	15:49	4.10	32:25	7:54	23	15:49	312	15:49
Plessenburg	2.40	16:30	6:52	22	7:21	265	7:21	6.50	48:55	7:31	23	23:10	298	23:10
Oehrenfeld	3.40	19:51	5:50	23	8:56	301	8:56	9.90	1:08:46	6:56	23	32:06	295	32:06
Ilsestein	4.80	36:17	7:33	22	26:26	260	26:26	14.70	1:45:03	7:08	24	48:28	289	48:28
Plessenburg	2.30	17:32	7:37	20	7:54	232	7:54	17.00	2:02:35	7:12	22	56:22	278	56:22
Oehrenfeld	3.40	19:16	5:40	19	7:55	231	7:55	20.40	2:21:51	6:57	22	1:04:17	273	1:04:17
Ilseburg/Markt	4.50	30:52	6:51	22	14:06	266	14:06	24.90	2:52:43	6:56	22	1:18:23	270	1:18:23