



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Johannes Klaus

Number: 1034

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:14:25

Speed: 10.71 km/h

Running performance: 5:23 min/km

Rank in course/Total: 83 (of 433)

Rank in course/Men: 72 (of 351)

Best time in course: 1:34:20

Rank in category: 13(of 49)

Best time in the category: 1:42:12

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	23:35	5:45	15	6:13	70	6:59	4.10	23:35	5:45	15	6:13	70	6:59
Plessenburg	2.40	14:23	5:59	26	4:34	155	5:14	6.50	37:58	5:50	18	10:47	98	12:13
Oehrenfeld	3.40	14:20	4:12	14	3:01	61	3:25	9.90	52:18	5:16	16	13:43	83	15:38
Ilsestein	4.80	28:10	5:52	12	7:09	66	18:19	14.70	1:20:28	5:28	15	20:52	77	23:53
Plessenburg	2.30	15:11	6:36	16	4:58	108	5:33	17.00	1:35:39	5:37	14	25:14	81	29:26
Oehrenfeld	3.40	14:59	4:24	12	3:01	46	3:38	20.40	1:50:38	5:25	13	28:15	76	33:04
Ilseburg/Markt	4.50	23:47	5:17	18	5:31	86	7:01	24.90	2:14:25	5:23	13	32:13	72	40:05