



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Yannick Lebherz

Number: 270

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:14:52

Speed: 10.68 km/h
Running performance: 5:24 min/km

Rank in course/Total: 87 (of 433)

Rank in course/Men: 76 (of 351)

Best time in course: 1:34:20

Rank in category: 14(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	22:43	5:32	12	5:21	59	6:07	4.10	22:43	5:32	12	5:21	59	6:07
Plessenburg	2.40	12:18	5:07	10	2:29	54	3:09	6.50	35:01	5:23	11	7:50	56	9:16
Oehrenfeld	3.40	14:53	4:22	16	3:34	84	3:58	9.90	49:54	5:02	12	11:19	60	13:14
Ilsestein	4.80	28:58	6:02	14	7:57	79	19:07	14.70	1:18:52	5:21	13	19:16	64	22:17
Plessenburg	2.30	14:50	6:26	15	4:37	92	5:12	17.00	1:33:42	5:30	12	23:17	66	27:29
Oehrenfeld	3.40	16:14	4:46	18	4:16	100	4:53	20.40	1:49:56	5:23	12	27:33	72	32:22
Ilseburg/Markt	4.50	24:56	5:32	24	6:40	119	8:10	24.90	2:14:52	5:24	14	32:40	76	40:32