



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jonathan Grillot

Number: 159

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:22:58

Speed: 10.07 km/h
Running performance: 5:44 min/km

Rank in course/Total: 126 (of 433)

Rank in course/Men: 114 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	27:02	6:35	29	9:40	171	10:26	4.10	27:02	6:35	29	9:40	171	10:26
Plessenburg	2.40	13:55	5:47	20	4:06	121	4:46	6.50	40:57	6:18	23	13:46	152	15:12
Oehrenfeld	3.40	17:00	5:00	32	5:41	175	6:05	9.90	57:57	5:51	30	19:22	164	21:17
Ilsestein	4.80	29:40	6:10	16	8:39	90	19:49	14.70	1:27:37	5:57	22	28:01	134	31:02
Plessenburg	2.30	14:41	6:23	14	4:28	84	5:03	17.00	1:42:18	6:01	18	31:53	121	36:05
Oehrenfeld	3.40	16:58	4:59	26	5:00	134	5:37	20.40	1:59:16	5:50	19	36:53	122	41:42
Ilseburg/Markt	4.50	23:42	5:15	16	5:26	81	6:56	24.90	2:22:58	5:44	19	40:46	114	48:38