



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jan Kloster

Number: 229

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:49:42

Speed: 8.49 km/h
Running performance: 6:48 min/km

Rank in course/Total: 297 (of 433)

Rank in course/Men: 258 (of 351)

Best time in course: 1:34:20

Rank in category: 43(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	32:25	7:54	47	15:03	312	15:49	4.10	32:25	7:54	47	15:03	312	15:49
Plessenburg	2.40	16:33	6:53	44	6:44	268	7:24	6.50	48:58	7:31	46	21:47	299	23:13
Oehrenfeld	3.40	19:49	5:49	45	8:30	297	8:54	9.90	1:08:47	6:56	46	30:12	296	32:07
Ilsestein	4.80	34:34	7:12	38	13:33	221	24:43	14.70	1:43:21	7:01	45	43:45	271	46:46
Plessenburg	2.30	17:15	7:30	34	7:02	214	7:37	17.00	2:00:36	7:05	44	50:11	265	54:23
Oehrenfeld	3.40	19:15	5:39	38	7:17	230	7:54	20.40	2:19:51	6:51	44	57:28	260	1:02:17
Ilseburg/Markt	4.50	29:51	6:38	41	11:35	242	13:05	24.90	2:49:42	6:48	43	1:07:30	258	1:15:22