



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jiaqi Liu

Number: 281

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 3:19:03

Speed: 7.23 km/h
Running performance: 7:59 min/km

Rank in course/Total: 404 (of 433)

Rank in course/Men: 333 (of 351)

Best time in course: 1:34:20

Rank in category: 47(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	35:27	8:38	48	18:05	338	18:51	4.10	35:27	8:38	48	18:05	338	18:51
Plessenburg	2.40	18:13	7:35	48	8:24	317	9:04	6.50	53:40	8:15	48	26:29	334	27:55
Oehrenfeld	3.40	20:37	6:03	48	9:18	321	9:42	9.90	1:14:17	7:30	48	35:42	331	37:37
Ilsestein	4.80	41:06	8:33	47	20:05	317	31:15	14.70	1:55:23	7:50	48	55:47	328	58:48
Plessenburg	2.30	20:28	8:53	46	10:15	306	10:50	17.00	2:15:51	7:59	47	1:05:26	320	1:09:38
Oehrenfeld	3.40	24:48	7:17	48	12:50	329	13:27	20.40	2:40:39	7:52	47	1:18:16	327	1:23:05
Ilseburg/Markt	4.50	38:24	8:31	48	20:08	331	21:38	24.90	3:19:03	7:59	47	1:36:51	333	1:44:43