



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jürgen Fürste

Number: 137

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 1:50:37

Speed: 13.02 km/h
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 433)

Rank in course/Men: 12 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 53)

Best time in the category: 1:40:59

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	19:53	4:50	4	1:23	19	3:17	4.10	19:53	4:50	4	1:23	19	3:17
Plessenburg	2.40	11:00	4:35	4	1:10	19	1:51	6.50	30:53	4:45	4	2:33	19	5:08
Oehrenfeld	3.40	13:18	3:54	5	1:26	28	2:23	9.90	44:11	4:27	4	3:59	19	7:31
Ilsestein	4.80	23:12	4:49	2	1:45	10	13:21	14.70	1:07:23	4:35	2	5:44	15	10:48
Plessenburg	2.30	11:04	4:48	2	0:55	9	1:26	17.00	1:18:27	4:36	2	6:39	13	12:14
Oehrenfeld	3.40	13:02	3:50	2	0:54	12	1:41	20.40	1:31:29	4:29	2	7:33	13	13:55
Ilseburg/Markt	4.50	19:08	4:15	2	2:05	7	2:22	24.90	1:50:37	4:26	2	9:38	12	16:17