



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Robert Lelanz

Number: 273

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:26:32

Speed: 9.83 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 149 (of 433)

Rank in course/Men: 137 (of 351)

Best time in course: 1:34:20

Rank in category: 26(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	27:31	6:42	35	9:01	191	10:55	4.10	27:31	6:42	35	9:01	191	10:55
Plessenburg	2.40	14:58	6:14	36	5:08	190	5:49	6.50	42:29	6:32	36	14:09	187	16:44
Oehrenfeld	3.40	17:38	5:11	38	5:46	220	6:43	9.90	1:00:07	6:04	36	19:55	199	23:27
Ilsestein	4.80	31:20	6:31	25	9:53	144	21:29	14.70	1:31:27	6:13	34	29:48	177	34:52
Plessenburg	2.30	14:14	6:11	14	4:05	69	4:36	17.00	1:45:41	6:13	29	33:53	153	39:28
Oehrenfeld	3.40	16:56	4:58	27	4:48	132	5:35	20.40	2:02:37	6:00	29	38:41	148	45:03
Ilseburg/Markt	4.50	23:55	5:18	18	6:52	88	7:09	24.90	2:26:32	5:53	26	45:33	137	52:12