



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jens Stampnik

Club: Wappiche
Number: 418

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:30:40

Speed: 9.56 km/h
Running performance: 6:03 min/km

Rank in course/Total: 179 (of 433)

Rank in course/Men: 161 (of 351)

Best time in course: 1:34:20

Rank in category: 31(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	26:35	6:29	28	8:05	158	9:59	4.10	26:35	6:29	28	8:05	158	9:59
Plessenburg	2.40	14:55	6:12	34	5:05	185	5:46	6.50	41:30	6:23	33	13:10	171	15:45
Oehrenfeld	3.40	15:13	4:28	18	3:21	97	4:18	9.90	56:43	5:43	28	16:31	137	20:03
Ilsestein	4.80	34:35	7:12	40	13:08	222	24:44	14.70	1:31:18	6:12	33	29:39	176	34:43
Plessenburg	2.30	17:30	7:36	40	7:21	228	7:52	17.00	1:48:48	6:23	36	37:00	187	42:35
Oehrenfeld	3.40	16:00	4:42	19	3:52	90	4:39	20.40	2:04:48	6:07	32	40:52	166	47:14
Ilseburg/Markt	4.50	25:52	5:44	27	8:49	145	9:06	24.90	2:30:40	6:03	31	49:41	161	56:20