



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Carsten Jakubowski

Number: 543

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:45:34

Speed: 8.70 km/h

Running performance: 6:38 min/km

Rank in course/Total: 277 (of 433)

Rank in course/Men: 242 (of 351)

Best time in course: 1:34:20

Rank in category: 42(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	28:31	6:57	38	10:01	228	11:55	4.10	28:31	6:57	38	10:01	228	11:55
Plessenburg	2.40	16:05	6:42	41	6:15	243	6:56	6.50	44:36	6:51	39	16:16	237	18:51
Oehrenfeld	3.40	19:21	5:41	45	7:29	279	8:26	9.90	1:03:57	6:27	41	23:45	248	27:17
Ilsestein	4.80	34:58	7:17	41	13:31	229	25:07	14.70	1:38:55	6:43	41	37:16	240	42:20
Plessenburg	2.30	18:10	7:53	42	8:01	251	8:32	17.00	1:57:05	6:53	42	45:17	241	50:52
Oehrenfeld	3.40	20:10	5:55	41	8:02	264	8:49	20.40	2:17:15	6:43	42	53:19	243	59:41
Ilseburg/Markt	4.50	28:19	6:17	35	11:16	201	11:33	24.90	2:45:34	6:38	42	1:04:35	242	1:11:14