



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jens Frauendorf

Number: 130

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:27:50

Speed: 9.74 km/h
Running performance: 5:56 min/km

Rank in course/Total: 157 (of 433)

Rank in course/Men: 142 (of 351)

Best time in course: 1:34:20

Rank in category: 18(of 43)

Best time in the category: 1:51:51

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	27:39	6:44	25	8:09	196	11:03	4.10	27:39	6:44	25	8:09	196	11:03
Plessenburg	2.40	14:56	6:13	24	4:11	187	5:47	6.50	42:35	6:33	23	12:20	191	16:50
Oehrenfeld	3.40	17:28	5:08	28	5:04	208	6:33	9.90	1:00:03	6:03	24	17:24	196	23:23
Ilsestein	4.80	31:28	6:33	19	7:19	148	21:37	14.70	1:31:31	6:13	20	24:43	178	34:56
Plessenburg	2.30	15:28	6:43	13	3:42	124	5:50	17.00	1:46:59	6:17	20	28:25	168	40:46
Oehrenfeld	3.40	16:35	4:52	13	3:37	113	5:14	20.40	2:03:34	6:03	19	32:02	157	46:00
Ilseburg/Markt	4.50	24:16	5:23	13	3:57	97	7:30	24.90	2:27:50	5:56	18	35:59	142	53:30