



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jan Franzke

Club: LSG Kassel
Number: 128

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:23:42

Speed: 10.02 km/h
Running performance: 5:46 min/km

Rank in course/Total: 130 (of 433)

Rank in course/Men: 118 (of 351)

Best time in course: 1:34:20

Rank in category: 14(of 49)

Best time in the category: 1:58:23

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	24:38	6:00	10	3:51	97	8:02	4.10	24:38	6:00	10	3:51	97	8:02
Plessenburg	2.40	14:26	6:00	20	2:56	159	5:17	6.50	39:04	6:00	13	6:47	112	13:19
Oehrenfeld	3.40	15:52	4:40	13	2:36	123	4:57	9.90	54:56	5:32	13	9:13	111	18:16
Ilsestein	4.80	31:12	6:30	14	5:40	140	21:21	14.70	1:26:08	5:51	14	14:53	119	29:33
Plessenburg	2.30	15:48	6:52	14	3:22	137	6:10	17.00	1:41:56	5:59	14	18:15	116	35:43
Oehrenfeld	3.40	16:46	4:55	15	2:59	120	5:25	20.40	1:58:42	5:49	14	21:14	118	41:08
Ilseburg/Markt	4.50	25:00	5:33	11	4:05	123	8:14	24.90	2:23:42	5:46	14	25:19	118	49:22