



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Janko Schlöffel

Number: 374

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:19:53

Speed: 10.29 km/h
Running performance: 5:37 min/km

Rank in course/Total: 109 (of 433)

Rank in course/Men: 97 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 28)

Best time in the category: 2:05:28

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	24:17	5:55	3	1:52	89	7:41	4.10	24:17	5:55	3	1:52	89	7:41
Plessenburg	2.40	13:11	5:29	3	1:11	91	4:02	6.50	37:28	5:45	3	3:02	88	11:43
Oehrenfeld	3.40	14:58	4:24	3	0:51	87	4:03	9.90	52:26	5:17	3	3:41	85	15:46
Ilsestein	4.80	30:26	6:20	3	4:10	109	20:35	14.70	1:22:52	5:38	3	7:32	95	26:17
Plessenburg	2.30	15:18	6:39	7	2:26	115	5:40	17.00	1:38:10	5:46	3	9:58	94	31:57
Oehrenfeld	3.40	16:10	4:45	4	1:31	97	4:49	20.40	1:54:20	5:36	3	11:29	95	36:46
Ilseburg/Markt	4.50	25:33	5:40	8	2:56	138	8:47	24.90	2:19:53	5:37	3	14:25	97	45:33