



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ib Jensen

Number: 17

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:07:50

Speed: 7.67 km/h
Running performance: 7:32 min/km

Rank in course/Total: 367 (of 433)

Rank in course/Men: 304 (of 351)

Best time in course: 1:34:20

Rank in category: 18(of 24)

Best time in the category: 2:08:44

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	33:17	8:07	21	10:24	325	16:41	4.10	33:17	8:07	21	10:24	325	16:41
Plessenburg	2.40	18:22	7:39	19	6:13	319	9:13	6.50	51:39	7:56	21	16:37	322	25:54
Oehrenfeld	3.40	19:02	5:35	15	5:33	264	8:07	9.90	1:10:41	7:08	21	22:10	314	34:01
Ilsestein	4.80	39:42	8:16	18	12:21	302	29:51	14.70	1:50:23	7:30	20	34:31	311	53:48
Plessenburg	2.30	20:20	8:50	17	6:57	300	10:42	17.00	2:10:43	7:41	19	38:09	307	1:04:30
Oehrenfeld	3.40	22:24	6:35	20	8:17	306	11:03	20.40	2:33:07	7:30	19	46:26	306	1:15:33
Ilseburg/Markt	4.50	34:43	7:42	19	12:40	308	17:57	24.90	3:07:50	7:32	18	59:06	304	1:33:30