



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

**Benjamin Wolf**

Club: Männerhort  
Number: 714

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M30 (30-34) I

Total time: 57:18

Speed: 10.47 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 46 (of 178)

Rank in course/Men: 40 (of 117)

Best time in course: 38:24

Rank in category: 8(of 13)

Best time in the category: 40:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men				km	Time	min/km	Cat.
Ilsestein	4.10	25:04	6:06	8	7:09	30	7:25	4.10	25:04	6:06	8	7:09	30	7:25
Control	0.90	6:23	7:05	8	1:58	37	3:17	5.00	31:27	6:17	8	9:01	32	28:21
Ilsestein	1.00	6:01	6:00	9	1:57	51	2:25	6.00	37:28	6:14	8	10:58	34	21:23
Ilseburg/Markt	4.10	19:50	4:50	9	6:17	54	6:59	10.10	57:18	5:40	8	17:15	40	18:54