



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ronny Wiecker

Club: Pointer Brothers
Number: 713

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M45 (45-49) I

Total time: 45:04

Speed: 13.31 km/h
Running performance: 4:27 min/km

Rank in course/Total: 6 (of 178)

Rank in course/Men: 6 (of 117)

Best time in course: 38:24

Rank in category: 1(of 12)

Best time in the category: 45:04

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	20:01	4:52	1	-	6	2:22	4.10	20:01	4:52	1	-	6	2:22
Control	0.90	5:01	5:34	1	-	7	1:55	5.00	25:02	5:00	1	-	7	21:56
Ilsestein	1.00	4:33	4:32	1	-	7	0:57	6.00	29:35	4:55	1	-	7	13:30
Ilseburg/Markt	4.10	15:29	3:46	1	-	7	2:38	10.10	45:04	4:27	1	-	6	6:40