



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Olliver Wendig

Number: 710

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M50 (50-54) I

Total time: 55:35

Speed: 10.79 km/h

Running performance: 5:30 min/km

Rank in course/Total: 38 (of 178)

Rank in course/Men: 33 (of 117)

Best time in course: 38:24

Rank in category: 2(of 11)

Best time in the category: 49:32

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	25:55	6:19	2	3:39	40	8:16	4.10	25:55	6:19	2	3:39	40	8:16
Control	0.90	6:37	7:21	2	1:07	45	3:31	5.00	32:32	6:30	2	4:46	39	29:26
Ilsestein	1.00	5:19	5:18	2	0:08	19	1:43	6.00	37:51	6:18	2	4:54	39	21:46
Ilseburg/Markt	4.10	17:44	4:19	2	1:09	23	4:53	10.10	55:35	5:30	2	6:03	33	17:11