



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nikolaus Wendel

Number: 709

Course: 10.10 km
10,1 km - Lauf

Category:
Senioren M75 (75+) I

Total time: 1:48:15

Speed: 5.54 km/h

Running performance: 10:43 min/km

Rank in course/Total: 174 (of 178)

Rank in course/Men: 114 (of 117)

Best time in course: 38:24

Rank in category: 3(of 5)

Best time in the category: 1:22:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	45:44	11:09	3	8:50	114	28:05	4.10	45:44	11:09	3	8:50	114	28:05
Control	0.90	12:19	13:41	4	2:49	116	9:13	5.00	58:03	11:36	3	11:39	115	54:57
Ilsestein	1.00	12:40	12:39	4	3:50	115	9:04	6.00	1:10:43	11:47	3	15:29	115	54:38
Ilseburg/Markt	4.10	37:32	9:09	3	10:05	114	24:41	10.10	1:48:15	10:43	3	25:34	114	1:09:51