



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sören Wettmarshausen

Club: TSV Steina
Number: 485

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:11:25

Speed: 10.96 km/h
Running performance: 5:16 min/km

Rank in course/Total: 69 (of 433)

Rank in course/Men: 60 (of 351)

Best time in course: 1:34:20

Rank in category: 7(of 25)

Best time in the category: 1:34:20

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	23:04	5:37	7	6:28	63	6:28	4.10	23:04	5:37	7	6:28	63	6:28
Plessenburg	2.40	12:47	5:19	8	3:38	71	3:38	6.50	35:51	5:30	7	10:06	63	10:06
Oehrenfeld	3.40	14:25	4:14	10	3:30	64	3:30	9.90	50:16	5:04	7	13:36	62	13:36
Ilsestein	4.80	27:50	5:47	7	17:59	58	17:59	14.70	1:18:06	5:18	8	21:31	59	21:31
Plessenburg	2.30	14:10	6:09	10	4:32	66	4:32	17.00	1:32:16	5:25	7	26:03	55	26:03
Oehrenfeld	3.40	15:50	4:39	11	4:29	82	4:29	20.40	1:48:06	5:17	7	30:32	59	30:32
Ilseburg/Markt	4.50	23:19	5:10	9	6:33	66	6:33	24.90	2:11:25	5:16	7	37:05	60	37:05