



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Martin Wewers

Number: 486

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:11:33

Speed: 10.95 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 70 (of 433)

Rank in course/Men: 61 (of 351)

Best time in course: 1:34:20

Rank in category: 8(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	24:09	5:53	9	7:33	85	7:33	4.10	24:09	5:53	9	7:33	85	7:33
Plessenburg	2.40	12:50	5:20	9	3:41	74	3:41	6.50	36:59	5:41	9	11:14	79	11:14
Oehrenfeld	3.40	14:19	4:12	9	3:24	60	3:24	9.90	51:18	5:10	9	14:38	76	14:38
Ilsestein	4.80	28:08	5:51	9	18:17	65	18:17	14.70	1:19:26	5:24	9	22:51	70	22:51
Plessenburg	2.30	14:07	6:08	8	4:29	63	4:29	17.00	1:33:33	5:30	8	27:20	65	27:20
Oehrenfeld	3.40	14:33	4:16	7	3:12	38	3:12	20.40	1:48:06	5:17	7	30:32	59	30:32
Ilseburg/Markt	4.50	23:27	5:12	10	6:41	71	6:41	24.90	2:11:33	5:16	8	37:13	61	37:13