



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Yinan Wang

Club: China-Sport  
Number: 475

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M30 (30-34) B

Total time: 2:13:01

Speed: 10.83 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 77 (of 433)

Rank in course/Men: 66 (of 351)

Best time in course: 1:34:20

Rank in category: 9(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	25:54	6:19	12	9:18	136	9:18	4.10	25:54	6:19	12	9:18	136	9:18
Plessenburg	2.40	14:11	5:54	13	5:02	139	5:02	6.50	40:05	6:10	12	14:20	137	14:20
Oehrenfeld	3.40	12:57	3:48	4	2:02	19	2:02	9.90	53:02	5:21	10	16:22	96	16:22
Ilsestein	4.80	30:04	6:15	12	20:13	100	20:13	14.70	1:23:06	5:39	11	26:31	97	26:31
Plessenburg	2.30	14:08	6:08	9	4:30	64	4:30	17.00	1:37:14	5:43	10	31:01	90	31:01
Oehrenfeld	3.40	13:11	3:52	2	1:50	15	1:50	20.40	1:50:25	5:24	10	32:51	75	32:51
Ilseburg/Markt	4.50	22:36	5:01	7	5:50	46	5:50	24.90	2:13:01	5:20	9	38:41	66	38:41