



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Tony Wesse

Number: 484

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 1:43:18

Speed: 13.94 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 5 (of 433)

Rank in course/Men: 5 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 49)

Best time in the category: 1:42:12

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	18:05	4:24	2	0:43	5	1:29	4.10	18:05	4:24	2	0:43	5	1:29
Plessenburg	2.40	10:09	4:13	3	0:20	7	1:00	6.50	28:14	4:20	2	1:03	5	2:29
Oehrenfeld	3.40	12:13	3:35	5	0:54	11	1:18	9.90	40:27	4:05	2	1:52	6	3:47
Ilsestein	4.80	21:34	4:29	2	0:33	6	11:43	14.70	1:02:01	4:13	2	2:25	7	5:26
Plessenburg	2.30	10:13	4:26	1	-	3	0:35	17.00	1:12:14	4:14	2	1:49	5	6:01
Oehrenfeld	3.40	12:29	3:40	3	0:31	6	1:08	20.40	1:24:43	4:09	2	2:20	5	7:09
Ilseburg/Markt	4.50	18:35	4:07	2	0:19	5	1:49	24.90	1:43:18	4:08	2	1:06	5	8:58