



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Uwe Waldhaus

Club: SV Werder Bremen
Number: 474

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:07:10

Speed: 11.32 km/h
Running performance: 5:06 min/km

Rank in course/Total: 49 (of 433)

Rank in course/Men: 44 (of 351)

Best time in course: 1:34:20

Rank in category: 11(of 53)

Best time in the category: 1:40:59

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	20:37	5:01	8	2:07	26	4:01	4.10	20:37	5:01	8	2:07	26	4:01
Plessenburg	2.40	11:35	4:49	9	1:45	31	2:26	6.50	32:12	4:57	10	3:52	28	6:27
Oehrenfeld	3.40	14:00	4:07	11	2:08	43	3:05	9.90	46:12	4:40	10	6:00	33	9:32
Ilsestein	4.80	28:27	5:55	13	7:00	72	18:36	14.70	1:14:39	5:04	12	13:00	46	18:04
Plessenburg	2.30	14:20	6:13	15	4:11	71	4:42	17.00	1:28:59	5:14	12	17:11	47	22:46
Oehrenfeld	3.40	15:46	4:38	14	3:38	77	4:25	20.40	1:44:45	5:08	12	20:49	45	27:11
Ilseburg/Markt	4.50	22:25	4:58	11	5:22	42	5:39	24.90	2:07:10	5:06	11	26:11	44	32:50