



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Andy Wedemeyer

Number: 479

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:14:43

Speed: 10.69 km/h

Running performance: 5:24 min/km

Rank in course/Total: 86 (of 433)

Rank in course/Men: 75 (of 351)

Best time in course: 1:34:20

Rank in category: 16(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	23:20	5:41	15	4:50	66	6:44	4.10	23:20	5:41	15	4:50	66	6:44
Plessenburg	2.40	13:00	5:25	16	3:10	83	3:51	6.50	36:20	5:35	15	8:00	69	10:35
Oehrenfeld	3.40	15:25	4:32	19	3:33	104	4:30	9.90	51:45	5:13	17	11:33	79	15:05
Ilsestein	4.80	28:34	5:57	14	7:07	73	18:43	14.70	1:20:19	5:27	15	18:40	75	23:44
Plessenburg	2.30	14:38	6:21	18	4:29	81	5:00	17.00	1:34:57	5:35	15	23:09	76	28:44
Oehrenfeld	3.40	15:51	4:39	15	3:43	83	4:30	20.40	1:50:48	5:25	15	26:52	77	33:14
Ilseburg/Markt	4.50	23:55	5:18	18	6:52	88	7:09	24.90	2:14:43	5:24	16	33:44	75	40:23