



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Fabian Wendland

Number: 481

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:19:13

Speed: 10.34 km/h
Running performance: 5:35 min/km

Rank in course/Total: 106 (of 433)

Rank in course/Men: 94 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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	26:31	6:28	27	8:01	155	9:55	4.10	26:31	6:28	27	8:01	155	9:55
Plessenburg	2.40	14:27	6:01	31	4:37	161	5:18	6.50	40:58	6:18	27	12:38	153	15:13
Oehrenfeld	3.40	15:37	4:35	22	3:45	110	4:42	9.90	56:35	5:42	27	16:23	135	19:55
Ilsestein	4.80	29:58	6:14	20	8:31	99	20:07	14.70	1:26:33	5:53	25	24:54	126	29:58
Plessenburg	2.30	14:31	6:18	17	4:22	78	4:53	17.00	1:41:04	5:56	22	29:16	111	34:51
Oehrenfeld	3.40	15:07	4:26	11	2:59	49	3:46	20.40	1:56:11	5:41	20	32:15	100	38:37
Ilseburg/Markt	4.50	23:02	5:07	13	5:59	58	6:16	24.90	2:19:13	5:35	19	38:14	94	44:53