



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Wei Zhou

Number: 511

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:21:18

Speed: 10.19 km/h
Running performance: 5:40 min/km

Rank in course/Total: 118 (of 433)

Rank in course/Men: 106 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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	26:41	6:30	29	8:11	160	10:05	4.10	26:41	6:30	29	8:11	160	10:05
Plessenburg	2.40	14:03	5:51	25	4:13	129	4:54	6.50	40:44	6:15	26	12:24	148	14:59
Oehrenfeld	3.40	15:25	4:32	19	3:33	104	4:30	9.90	56:09	5:40	24	15:57	128	19:29
Ilsestein	4.80	29:55	6:13	18	8:28	96	20:04	14.70	1:26:04	5:51	22	24:25	116	29:29
Plessenburg	2.30	14:56	6:29	20	4:47	97	5:18	17.00	1:41:00	5:56	21	29:12	110	34:47
Oehrenfeld	3.40	15:59	4:42	18	3:51	89	4:38	20.40	1:56:59	5:44	22	33:03	109	39:25
Ilseburg/Markt	4.50	24:19	5:24	20	7:16	98	7:33	24.90	2:21:18	5:40	21	40:19	106	46:58