



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rene Wittig

Number: 497

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 3:02:57

Speed: 7.87 km/h
Running performance: 7:20 min/km

Rank in course/Total: 351 (of 433)

Rank in course/Men: 292 (of 351)

Best time in course: 1:34:20

Rank in category: 45(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	36:42	8:57	52	18:12	343	20:06	4.10	36:42	8:57	52	18:12	343	20:06
Plessenburg	2.40	20:07	8:22	52	10:17	341	10:58	6.50	56:49	8:44	52	28:29	346	31:04
Oehrenfeld	3.40	21:41	6:22	51	9:49	334	10:46	9.90	1:18:30	7:55	52	38:18	346	41:50
Ilsestein	4.80	40:43	8:28	49	19:16	316	30:52	14.70	1:59:13	8:06	52	57:34	337	1:02:38
Plessenburg	2.30	15:47	6:51	26	5:38	135	6:09	17.00	2:15:00	7:56	50	1:03:12	318	1:08:47
Oehrenfeld	3.40	22:39	6:39	46	10:31	309	11:18	20.40	2:37:39	7:43	50	1:13:43	320	1:20:05
Ilseburg/Markt	4.50	25:18	5:37	25	8:15	132	8:32	24.90	3:02:57	7:20	45	1:21:58	292	1:28:37