



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Wittig

Number: 496

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 1:51:51

Speed: 12.87 km/h

Running performance: 4:29 min/km

Rank in course/Total: 13 (of 433)

Rank in course/Men: 13 (of 351)

Best time in course: 1:34:20

Rank in category: 1(of 43)

Best time in the category: 1:51:51

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	19:30	4:45	1	-	13	2:54	4.10	19:30	4:45	1	-	13	2:54
Plessenburg	2.40	10:45	4:28	1	-	14	1:36	6.50	30:15	4:39	1	-	14	4:30
Oehrenfeld	3.40	12:24	3:38	1	-	13	1:29	9.90	42:39	4:18	1	-	13	5:59
Ilsestein	4.80	24:09	5:01	1	-	18	14:18	14.70	1:06:48	4:32	1	-	14	10:13
Plessenburg	2.30	11:46	5:06	1	-	14	2:08	17.00	1:18:34	4:37	1	-	14	12:21
Oehrenfeld	3.40	12:58	3:48	1	-	10	1:37	20.40	1:31:32	4:29	1	-	14	13:58
Ilseburg/Markt	4.50	20:19	4:30	1	-	17	3:33	24.90	1:51:51	4:29	1	-	13	17:31