



# 53. Brockenlauf

Ilseburg / 07.09.2024

## Detailed evaluation

**Alexander Wöhler**

Club: Brockenlaufverein  
Number: 498

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:28:51

Speed: 9.67 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 162 (of 433)

Rank in course/Men: 145 (of 351)

Best time in course: 1:34:20

Rank in category: 19(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	26:49	6:32	17	7:19	165	10:13	4.10	26:49	6:32	17	7:19	165	10:13
Plessenburg	2.40	14:43	6:07	21	3:58	177	5:34	6.50	41:32	6:23	18	11:17	172	15:47
Oehrenfeld	3.40	17:02	5:00	21	4:38	177	6:07	9.90	58:34	5:54	20	15:55	179	21:54
Ilsestein	4.80	31:41	6:36	20	7:32	154	21:50	14.70	1:30:15	6:08	19	23:27	162	33:40
Plessenburg	2.30	15:52	6:53	18	4:06	140	6:14	17.00	1:46:07	6:14	19	27:33	159	39:54
Oehrenfeld	3.40	17:30	5:08	21	4:32	166	6:09	20.40	2:03:37	6:03	20	32:05	158	46:03
Ilseburg/Markt	4.50	25:14	5:36	18	4:55	128	8:28	24.90	2:28:51	5:58	19	37:00	145	54:31