



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Wolf-Christian Puchner

Number: 536

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:51:44

Speed: 8.39 km/h
Running performance: 6:53 min/km

Rank in course/Total: 308 (of 433)

Rank in course/Men: 265 (of 351)

Best time in course: 1:34:20

Rank in category: 34(of 43)

Best time in the category: 1:51:51

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|----------------|-------|-------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|---------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| Ilsestein | 4.10 | 30:42 | 7:29 | 36 | 11:12 | 288 | 14:06 | 4.10 | 30:42 | 7:29 | 36 | 11:12 | 288 | 14:06 |
| Plessenburg | 2.40 | 16:11 | 6:44 | 32 | 5:26 | 248 | 7:02 | 6.50 | 46:53 | 7:12 | 35 | 16:38 | 275 | 21:08 |
| Oehrenfeld | 3.40 | 17:20 | 5:05 | 26 | 4:56 | 198 | 6:25 | 9.90 | 1:04:13 | 6:29 | 32 | 21:34 | 251 | 27:33 |
| Ilsestein | 4.80 | 37:46 | 7:52 | 34 | 13:37 | 278 | 27:55 | 14.70 | 1:41:59 | 6:56 | 34 | 35:11 | 269 | 45:24 |
| Plessenburg | 2.30 | 17:30 | 7:36 | 29 | 5:44 | 228 | 7:52 | 17.00 | 1:59:29 | 7:01 | 33 | 40:55 | 262 | 53:16 |
| Oehrenfeld | 3.40 | 20:19 | 5:58 | 34 | 7:21 | 271 | 8:58 | 20.40 | 2:19:48 | 6:51 | 33 | 48:16 | 259 | 1:02:14 |
| Ilseburg/Markt | 4.50 | 31:56 | 7:05 | 33 | 11:37 | 274 | 15:10 | 24.90 | 2:51:44 | 6:53 | 34 | 59:53 | 265 | 1:17:24 |