



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Michael Wiedig

Number: 1050

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 3:11:49

Speed: 7.51 km/h

Running performance: 7:42 min/km

Rank in course/Total: 383 (of 433)

Rank in course/Men: 316 (of 351)

Best time in course: 1:34:20

Rank in category: 41(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	34:26	8:23	42	14:56	331	17:50	4.10	34:26	8:23	42	14:56	331	17:50
Plessenburg	2.40	18:57	7:53	42	8:12	328	9:48	6.50	53:23	8:12	42	23:08	332	27:38
Oehrenfeld	3.40	21:52	6:25	40	9:28	337	10:57	9.90	1:15:15	7:36	42	32:36	334	38:35
Ilsestein	4.80	41:24	8:37	42	17:15	323	31:33	14.70	1:56:39	7:56	42	49:51	331	1:00:04
Plessenburg	2.30	21:21	9:16	41	9:35	322	11:43	17.00	2:18:00	8:07	42	59:26	327	1:11:47
Oehrenfeld	3.40	21:39	6:22	38	8:41	296	10:18	20.40	2:39:39	7:49	42	1:08:07	322	1:22:05
Ilseburg/Markt	4.50	32:10	7:08	34	11:51	278	15:24	24.90	3:11:49	7:42	41	1:19:58	316	1:37:29