



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Rene Wagner

Number: 473

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:14:54

Speed: 10.67 km/h

Running performance: 5:25 min/km

Rank in course/Total: 88 (of 433)

Rank in course/Men: 77 (of 351)

Best time in course: 1:34:20

Rank in category: 8(of 42)

Best time in the category: 1:48:31

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	25:58	6:19	16	6:23	138	9:22	4.10	25:58	6:19	16	6:23	138	9:22
Plessenburg	2.40	13:21	5:33	10	2:54	98	4:12	6.50	39:19	6:02	12	9:17	120	13:34
Oehrenfeld	3.40	15:45	4:37	9	4:04	118	4:50	9.90	55:04	5:33	11	13:21	114	18:24
Ilsestein	4.80	27:46	5:47	8	3:57	56	17:55	14.70	1:22:50	5:38	9	17:18	94	26:15
Plessenburg	2.30	13:43	5:57	8	2:17	56	4:05	17.00	1:36:33	5:40	8	19:35	84	30:20
Oehrenfeld	3.40	15:32	4:34	9	2:43	66	4:11	20.40	1:52:05	5:29	8	22:18	83	34:31
Ilseburg/Markt	4.50	22:49	5:04	7	4:05	52	6:03	24.90	2:14:54	5:25	8	26:23	77	40:34