



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jan-Friedrich Wulf

Number: 502

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 3:07:41

Speed: 7.67 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 366 (of 433)

Rank in course/Men: 303 (of 351)

Best time in course: 1:34:20

Rank in category: 33(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	31:17	7:37	34	11:42	299	14:41	4.10	31:17	7:37	34	11:42	299	14:41
Plessenburg	2.40	17:47	7:24	33	7:20	303	8:38	6.50	49:04	7:32	34	19:02	302	23:19
Oehrenfeld	3.40	20:02	5:53	34	8:21	306	9:07	9.90	1:09:06	6:58	34	27:23	303	32:26
Ilsestein	4.80	40:35	8:27	35	16:46	314	30:44	14.70	1:49:41	7:27	34	44:09	307	53:06
Plessenburg	2.30	20:50	9:03	34	9:24	311	11:12	17.00	2:10:31	7:40	35	53:33	306	1:04:18
Oehrenfeld	3.40	22:49	6:42	34	10:00	310	11:28	20.40	2:33:20	7:30	35	1:03:33	307	1:15:46
Ilseburg/Markt	4.50	34:21	7:38	34	15:37	305	17:35	24.90	3:07:41	7:32	33	1:19:10	303	1:33:21