



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Raik Wernicke

Number: 21

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 3:17:34

Speed: 7.29 km/h  
Running performance: 7:56 min/km

Rank in course/Total: 401 (of 433)

Rank in course/Men: 332 (of 351)

Best time in course: 1:34:20

Rank in category: 40(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	33:07	8:04	38	13:32	323	16:31	4.10	33:07	8:04	38	13:32	323	16:31
Plessenburg	2.40	19:29	8:07	38	9:02	336	10:20	6.50	52:36	8:05	37	22:34	324	26:51
Oehrenfeld	3.40	21:53	6:26	42	10:12	338	10:58	9.90	1:14:29	7:31	40	32:46	333	37:49
Ilsestein	4.80	41:59	8:44	36	18:10	326	32:08	14.70	1:56:28	7:55	39	50:56	330	59:53
Plessenburg	2.30	22:00	9:33	39	10:34	330	12:22	17.00	2:18:28	8:08	39	1:01:30	332	1:12:15
Oehrenfeld	3.40	23:46	6:59	37	10:57	323	12:25	20.40	2:42:14	7:57	39	1:12:27	332	1:24:40
Ilseburg/Markt	4.50	35:20	7:51	36	16:36	312	18:34	24.90	3:17:34	7:56	40	1:29:03	332	1:43:14