



# 53. Brockenlauf

Ilseburg / 07.09.2024

## Detailed evaluation

**Maik Witt**

Club: Team Teichteufel  
Number: 493

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 3:49:41

Speed: 6.27 km/h  
Running performance: 9:13 min/km

Rank in course/Total: 424 (of 433)

Rank in course/Men: 344 (of 351)

Best time in course: 1:34:20

Rank in category: 42(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	37:48	9:13	42	18:13	349	21:12	4.10	37:48	9:13	42	18:13	349	21:12	
Plessenburg	2.40	20:42	8:37	42	10:15	348	11:33	6.50	58:30	9:00	42	28:28	349	32:45	
Oehrenfeld	3.40	20:30	6:01	37	8:49	317	9:35	9.90	1:19:00	7:58	42	37:17	347	42:20	
Ilsestein	4.80	48:25	10:05	42	24:36	348	38:34	14.70	2:07:25	8:40	42	1:01:53	347	1:10:50	
Plessenburg	2.30	25:00	10:52	42	13:34	342	15:22	17.00	2:32:25	8:57	42	1:15:27	344	1:26:12	
Oehrenfeld	3.40	29:01	8:32	42	16:12	342	17:40	20.40	3:01:26	8:53	42	1:31:39	344	1:43:52	
Ilseburg/Markt	4.50	48:15	10:43	42	29:31	346	31:29	24.90	3:49:41	9:13	42	2:01:10	344	2:15:21	