



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Bodo Wichura

Number: 1049

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:36:12

Speed: 9.22 km/h

Running performance: 6:16 min/km

Rank in course/Total: 215 (of 433)

Rank in course/Men: 194 (of 351)

Best time in course: 1:34:20

Rank in category: 22(of 49)

Best time in the category: 1:58:23

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	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	27:28	6:41	27	6:41	189	10:52	4.10	27:28	6:41	27	6:41	189	10:52
Plessenburg	2.40	15:32	6:28	25	4:02	221	6:23	6.50	43:00	6:36	25	10:43	200	17:15
Oehrenfeld	3.40	18:02	5:18	29	4:46	238	7:07	9.90	1:01:02	6:09	27	15:19	212	24:22
Ilsestein	4.80	33:04	6:53	22	7:32	184	23:13	14.70	1:34:06	6:24	24	22:51	203	37:31
Plessenburg	2.30	16:27	7:09	19	4:01	168	6:49	17.00	1:50:33	6:30	24	26:52	200	44:20
Oehrenfeld	3.40	17:52	5:15	21	4:05	185	6:31	20.40	2:08:25	6:17	24	30:57	199	50:51
Ilseburg/Markt	4.50	27:47	6:10	21	6:52	189	11:01	24.90	2:36:12	6:16	22	37:49	194	1:01:52