



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