



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Frank Wernecke

Number: 483

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M55 (55-59) B

Total time: 2:43:53

Speed: 8.79 km/h  
Running performance: 6:34 min/km

Rank in course/Total: 264 (of 433)

Rank in course/Men: 232 (of 351)

Best time in course: 1:34:20

Rank in category: 31(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 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	28:12	6:52	31	7:25	219	11:36	4.10	28:12	6:52	31	7:25	219	11:36
Plessenburg	2.40	15:35	6:29	26	4:05	222	6:26	6.50	43:47	6:44	27	11:30	213	18:02
Oehrenfeld	3.40	17:07	5:02	21	3:51	183	6:12	9.90	1:00:54	6:09	25	15:11	209	24:14
Ilsestein	4.80	36:01	7:30	35	10:29	254	26:10	14.70	1:36:55	6:35	28	25:40	227	40:20
Plessenburg	2.30	18:15	7:56	33	5:49	254	8:37	17.00	1:55:10	6:46	30	31:29	230	48:57
Oehrenfeld	3.40	18:17	5:22	24	4:30	202	6:56	20.40	2:13:27	6:32	29	35:59	225	55:53
Ilseburg/Markt	4.50	30:26	6:45	34	9:31	257	13:40	24.90	2:43:53	6:34	31	45:30	232	1:09:33