



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Wiese

Number: 490

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M60 (60-64) B

Total time: 3:21:43

Speed: 7.14 km/h

Running performance: 8:06 min/km

Rank in course/Total: 408 (of 433)

Rank in course/Men: 336 (of 351)

Best time in course: 1:34:20

Rank in category: 26(of 28)

Best time in the category: 2:05:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	32:10	7:50	22	308	9:45	15:34	4.10	32:10	7:50	22	308	9:45	15:34
Plessenburg	2.40	18:11	7:34	23	315	6:11	9:02	6.50	50:21	7:44	24	315	15:55	24:36
Oehrenfeld	3.40	20:27	6:00	25	315	6:20	9:32	9.90	1:10:48	7:09	24	316	22:03	34:08
Ilsestein	4.80	42:15	8:48	24	328	15:59	32:24	14.70	1:53:03	7:41	24	321	37:43	56:28
Plessenburg	2.30	28:40	12:27	27	347	15:48	19:02	17.00	2:21:43	8:20	26	337	53:31	1:15:30
Oehrenfeld	3.40	23:55	7:02	26	325	9:16	12:34	20.40	2:45:38	8:07	26	336	1:02:47	1:28:04
Ilseburg/Markt	4.50	36:05	8:01	25	320	13:28	19:19	24.90	3:21:43	8:06	26	336	1:16:15	1:47:23