



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Wolfgang Pardeike

Number: 323

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M65 (65-69) B

Total time: 2:32:58

Speed: 9.41 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 193 (of 433)

Rank in course/Men: 173 (of 351)

Best time in course: 1:34:20

Rank in category: 8(of 24)

Best time in the category: 2:08:44

| 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     | 27:50      | 6:47         | 10          | 4:57        | 206     | 11:14      | 4.10          | 27:50      | 6:47         | 10       | 4:57        | 206     | 11:14      |
| Plessenburg        | 2.40     | 15:20      | 6:23         | 10          | 3:11        | 204     | 6:11       | 6.50          | 43:10      | 6:38         | 10       | 8:08        | 202     | 17:25      |
| Oehrenfeld         | 3.40     | 16:35      | 4:52         | 5           | 3:06        | 156     | 5:40       | 9.90          | 59:45      | 6:02         | 10       | 11:14       | 191     | 23:05      |
| Ilsestein          | 4.80     | 33:40      | 7:00         | 10          | 6:19        | 202     | 23:49      | 14.70         | 1:33:25    | 6:21         | 10       | 17:33       | 199     | 36:50      |
| Plessenburg        | 2.30     | 16:59      | 7:23         | 7           | 3:36        | 193     | 7:21       | 17.00         | 1:50:24    | 6:29         | 10       | 17:50       | 199     | 44:11      |
| Oehrenfeld         | 3.40     | 17:04      | 5:01         | 6           | 2:57        | 144     | 5:43       | 20.40         | 2:07:28    | 6:14         | 9        | 20:47       | 195     | 49:54      |
| Ilseburg/Markt     | 4.50     | 25:30      | 5:40         | 4           | 3:27        | 136     | 8:44       | 24.90         | 2:32:58    | 6:08         | 8        | 24:14       | 173     | 58:38      |