



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Wolfgang Knopke-Hülsenbeck

Number: 235

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:14:51

Speed: 7.39 km/h
Running performance: 7:49 min/km

Rank in course/Total: 392 (of 433)

Rank in course/Men: 322 (of 351)

Best time in course: 1:34:20

Rank in category: 21(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	34:47	8:29	23	11:54	334	18:11	4.10	34:47	8:29	23	11:54	334	18:11
Plessenburg	2.40	18:22	7:39	19	6:13	319	9:13	6.50	53:09	8:10	22	18:07	330	27:24
Oehrenfeld	3.40	22:33	6:37	24	9:04	344	11:38	9.90	1:15:42	7:38	23	27:11	337	39:02
Ilsestein	4.80	41:41	8:41	22	14:20	324	31:50	14.70	1:57:23	7:59	23	41:31	334	1:00:48
Plessenburg	2.30	21:02	9:08	21	7:39	315	11:24	17.00	2:18:25	8:08	23	45:51	331	1:12:12
Oehrenfeld	3.40	23:13	6:49	21	9:06	314	11:52	20.40	2:41:38	7:55	22	54:57	331	1:24:04
Ilseburg/Markt	4.50	33:13	7:22	16	11:10	291	16:27	24.90	3:14:51	7:49	21	1:06:07	322	1:40:31