



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Wiegbert Gille

Number: 147

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:16:05

Speed: 7.34 km/h

Running performance: 7:52 min/km

Rank in course/Total: 397 (of 433)

Rank in course/Men: 328 (of 351)

Best time in course: 1:34:20

Rank in category: 22(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Ilsestein	4.10	30:50	7:31	18	7:57	290	14:14	4.10	30:50	7:31	18	7:57	290	14:14	
Plessenburg	2.40	17:47	7:24	18	5:38	303	8:38	6.50	48:37	7:28	17	13:35	295	22:52	
Oehrenfeld	3.40	20:48	6:07	22	7:19	326	9:53	9.90	1:09:25	7:00	19	20:54	306	32:45	
Ilsestein	4.80	44:28	9:15	24	17:07	341	34:37	14.70	1:53:53	7:44	21	38:01	323	57:18	
Plessenburg	2.30	22:13	9:39	22	8:50	331	12:35	17.00	2:16:06	8:00	21	43:32	322	1:09:53	
Oehrenfeld	3.40	23:40	6:57	22	9:33	321	12:19	20.40	2:39:46	7:49	21	53:05	323	1:22:12	
Ilseburg/Markt	4.50	36:19	8:04	21	14:16	323	19:33	24.90	3:16:05	7:52	22	1:07:21	328	1:41:45	