



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Juergen Wardecki

Number: 476

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M65 (65-69) B

Total time: 3:27:35

Speed: 6.94 km/h
Running performance: 8:20 min/km

Rank in course/Total: 414 (of 433)

Rank in course/Men: 339 (of 351)

Best time in course: 1:34:20

Rank in category: 24(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	34:21	8:22	22	11:28	329	17:45	4.10	34:21	8:22	22	11:28	329	17:45
Plessenburg	2.40	20:19	8:27	24	8:10	344	11:10	6.50	54:40	8:24	23	19:38	338	28:55
Oehrenfeld	3.40	22:09	6:30	23	8:40	341	11:14	9.90	1:16:49	7:45	24	28:18	342	40:09
Ilsestein	4.80	42:45	8:54	23	15:24	330	32:54	14.70	1:59:34	8:08	24	43:42	339	1:02:59
Plessenburg	2.30	27:07	11:47	24	13:44	346	17:29	17.00	2:26:41	8:37	24	54:07	341	1:20:28
Oehrenfeld	3.40	24:42	7:15	23	10:35	328	13:21	20.40	2:51:23	8:24	24	1:04:42	339	1:33:49
Ilseburg/Markt	4.50	36:12	8:02	20	14:09	322	19:26	24.90	3:27:35	8:20	24	1:18:51	339	1:53:15