



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Kremling

Number: 636

Course: 10.10 km  
10,1 km - Lauf

Category:  
Senioren M45 (45-49) I

Total time: 1:08:42

Speed: 8.73 km/h

Running performance: 6:48 min/km

Rank in course/Total: 106 (of 178)

Rank in course/Men: 80 (of 117)

Best time in course: 38:24

Rank in category: 11(of 12)

Best time in the category: 45:04

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	30:27	7:25	11	10:26	77	12:48	4.10	30:27	7:25	11	10:26	77	12:48
Control	0.90	7:43	8:34	11	2:42	81	4:37	5.00	38:10	7:37	11	13:08	81	35:04
Ilsestein	1.00	7:06	7:05	10	2:33	82	3:30	6.00	45:16	7:32	11	15:41	79	29:11
Ilseburg/Markt	4.10	23:26	5:42	11	7:57	90	10:35	10.10	1:08:42	6:48	11	23:38	80	30:18