



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Dominik Thormann

Number: 449

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:38:12

Speed: 9.10 km/h
Running performance: 6:21 min/km

Rank in course/Total: 226 (of 433)

Rank in course/Men: 202 (of 351)

Best time in course: 1:34:20

Rank in category: 17(of 25)

Best time in the category: 1:34:20

| 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 | 29:50 | 7:16 | 21 | 13:14 | 268 | 13:14 | 4.10 | 29:50 | 7:16 | 21 | 13:14 | 268 | 13:14 |
| Plessenburg | 2.40 | 15:36 | 6:30 | 19 | 6:27 | 223 | 6:27 | 6.50 | 45:26 | 6:59 | 21 | 19:41 | 253 | 19:41 |
| Oehrenfeld | 3.40 | 19:27 | 5:43 | 22 | 8:32 | 281 | 8:32 | 9.90 | 1:04:53 | 6:33 | 21 | 28:13 | 261 | 28:13 |
| Ilsestein | 4.80 | 32:49 | 6:50 | 17 | 22:58 | 182 | 22:58 | 14.70 | 1:37:42 | 6:38 | 22 | 41:07 | 231 | 41:07 |
| Plessenburg | 2.30 | 17:17 | 7:30 | 19 | 7:39 | 217 | 7:39 | 17.00 | 1:54:59 | 6:45 | 20 | 48:46 | 227 | 48:46 |
| Oehrenfeld | 3.40 | 17:10 | 5:02 | 14 | 5:49 | 150 | 5:49 | 20.40 | 2:12:09 | 6:28 | 19 | 54:35 | 216 | 54:35 |
| Ilseburg/Markt | 4.50 | 26:03 | 5:47 | 15 | 9:17 | 148 | 9:17 | 24.90 | 2:38:12 | 6:21 | 17 | 1:03:52 | 202 | 1:03:52 |