



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