



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Hänel

Club: No f\*cking X-Cuses  
Number: 168

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:42:18

Speed: 8.87 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 254 (of 433)

Rank in course/Men: 224 (of 351)

Best time in course: 1:34:20

Rank in category: 40(of 49)

Best time in the category: 1:42:12

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	28:26	6:56	39	11:04	226	11:50	4.10	28:26	6:56	39	11:04	226	11:50
Plessenburg	2.40	15:28	6:26	37	5:39	210	6:19	6.50	43:54	6:45	39	16:43	216	18:09
Oehrenfeld	3.40	16:43	4:54	28	5:24	160	5:48	9.90	1:00:37	6:07	35	22:02	205	23:57
Ilsestein	4.80	35:28	7:23	41	14:27	245	25:37	14.70	1:36:05	6:32	39	36:29	217	39:30
Plessenburg	2.30	17:30	7:36	40	7:17	228	7:52	17.00	1:53:35	6:40	38	43:10	215	47:22
Oehrenfeld	3.40	20:14	5:57	43	8:16	268	8:53	20.40	2:13:49	6:33	41	51:26	230	56:15
Ilseburg/Markt	4.50	28:29	6:19	37	10:13	208	11:43	24.90	2:42:18	6:31	40	1:00:06	224	1:07:58