



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Hedderich

Club: NSV Wernigerode
Number: 14

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 1:52:50

Speed: 12.76 km/h
Running performance: 4:31 min/km

Rank in course/Total: 15 (of 433)

Rank in course/Men: 15 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 53)

Best time in the category: 1:40:59

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ilsestein	4.10	19:21	4:43	2	0:51	11	2:45	4.10	19:21	4:43	2	0:51	11	2:45
Plessenburg	2.40	10:54	4:32	3	1:04	17	1:45	6.50	30:15	4:39	2	1:55	14	4:30
Oehrenfeld	3.40	13:27	3:57	9	1:35	34	2:32	9.90	43:42	4:24	3	3:30	17	7:02
Ilsestein	4.80	23:46	4:57	3	2:19	14	13:55	14.70	1:07:28	4:35	3	5:49	16	10:53
Plessenburg	2.30	11:49	5:08	4	1:40	15	2:11	17.00	1:19:17	4:39	3	7:29	15	13:04
Oehrenfeld	3.40	13:07	3:51	4	0:59	14	1:46	20.40	1:32:24	4:31	3	8:28	15	14:50
Ilseburg/Markt	4.50	20:26	4:32	4	3:23	19	3:40	24.90	1:52:50	4:31	3	11:51	15	18:30