



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Henning Thürer

Number: 451

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 3:14:17

Speed: 7.41 km/h
Running performance: 7:48 min/km

Rank in course/Total: 389 (of 433)

Rank in course/Men: 320 (of 351)

Best time in course: 1:34:20

Rank in category: 50(of 53)

Best time in the category: 1:40:59

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	33:30	8:10	50	15:00	327	16:54	4.10	33:30	8:10	50	15:00	327	16:54
Plessenburg	2.40	19:13	8:00	51	9:23	330	10:04	6.50	52:43	8:06	50	24:23	325	26:58
Oehrenfeld	3.40	22:57	6:45	52	11:05	346	12:02	9.90	1:15:40	7:38	51	35:28	336	39:00
Ilsestein	4.80	41:16	8:35	50	19:49	319	31:25	14.70	1:56:56	7:57	50	55:17	332	1:00:21
Plessenburg	2.30	21:12	9:13	49	11:03	319	11:34	17.00	2:18:08	8:07	51	1:06:20	328	1:11:55
Oehrenfeld	3.40	23:19	6:51	47	11:11	316	11:58	20.40	2:41:27	7:54	52	1:17:31	330	1:23:53
Ilseburg/Markt	4.50	32:50	7:17	45	15:47	288	16:04	24.90	3:14:17	7:48	50	1:33:18	320	1:39:57