



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniel Thomas

Number: 447

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:24:05

Speed: 9.99 km/h

Running performance: 5:47 min/km

Rank in course/Total: 133 (of 433)

Rank in course/Men: 121 (of 351)

Best time in course: 1:34:20

Rank in category: 14(of 43)

Best time in the category: 1:51:51

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	25:13	6:09	12	5:43	112	8:37	4.10	25:13	6:09	12	5:43	112	8:37
Plessenburg	2.40	14:00	5:50	13	3:15	126	4:51	6.50	39:13	6:01	14	8:58	118	13:28
Oehrenfeld	3.40	16:16	4:47	19	3:52	140	5:21	9.90	55:29	5:36	14	12:50	118	18:49
Ilsestein	4.80	30:42	6:23	14	6:33	122	20:51	14.70	1:26:11	5:51	14	19:23	121	29:36
Plessenburg	2.30	16:02	6:58	19	4:16	148	6:24	17.00	1:42:13	6:00	14	23:39	119	36:00
Oehrenfeld	3.40	17:37	5:10	23	4:39	170	6:16	20.40	1:59:50	5:52	16	28:18	128	42:16
Ilseburg/Markt	4.50	24:15	5:23	12	3:56	96	7:29	24.90	2:24:05	5:47	14	32:14	121	49:45