



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Thomas

Number: 448

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:26:09

Speed: 9.85 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 146 (of 433)

Rank in course/Men: 134 (of 351)

Best time in course: 1:34:20

Rank in category: 16(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	24:32	5:59	11	5:02	95	7:56	4.10	24:32	5:59	11	5:02	95	7:56
Plessenburg	2.40	14:19	5:57	16	3:34	152	5:10	6.50	38:51	5:58	12	8:36	108	13:06
Oehrenfeld	3.40	15:30	4:33	12	3:06	107	4:35	9.90	54:21	5:29	11	11:42	105	17:41
Ilsestein	4.80	31:01	6:27	15	6:52	136	21:10	14.70	1:25:22	5:48	12	18:34	106	28:47
Plessenburg	2.30	16:32	7:11	23	4:46	170	6:54	17.00	1:41:54	5:59	13	23:20	115	35:41
Oehrenfeld	3.40	17:44	5:12	24	4:46	175	6:23	20.40	1:59:38	5:51	14	28:06	125	42:04
Ilseburg/Markt	4.50	26:31	5:53	21	6:12	158	9:45	24.90	2:26:09	5:52	16	34:18	134	51:49