



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Buse

Number: 69

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M45 (45-49) B

Total time: 2:29:16

Speed: 9.65 km/h
Running performance: 5:59 min/km

Rank in course/Total: 168 (of 433)

Rank in course/Men: 151 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	27:26	6:41	21	188	7:56	10:50	4.10	27:26	6:41	21	188	7:56	10:50
Plessenburg	2.40	14:33	6:03	19	167	3:48	5:24	6.50	41:59	6:27	20	176	11:44	16:14
Oehrenfeld	3.40	16:07	4:44	16	129	3:43	5:12	9.90	58:06	5:52	19	168	15:27	21:26
Ilsestein	4.80	31:26	6:32	18	146	7:17	21:35	14.70	1:29:32	6:05	18	154	22:44	32:57
Plessenburg	2.30	15:47	6:51	16	135	4:01	6:09	17.00	1:45:19	6:11	18	149	26:45	39:06
Oehrenfeld	3.40	17:05	5:01	17	145	4:07	5:44	20.40	2:02:24	6:00	18	146	30:52	44:50
Ilseburg/Markt	4.50	26:52	5:58	23	164	6:33	10:06	24.90	2:29:16	5:59	20	151	37:25	54:56