



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Steffen Thormeier

Club: Harzer Ultra Running Team
Number: 450

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:18:34

Speed: 10.39 km/h
Running performance: 5:33 min/km

Rank in course/Total: 104 (of 433)

Rank in course/Men: 92 (of 351)

Best time in course: 1:34:20

Rank in category: 9(of 42)

Best time in the category: 1:48:31

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	24:55	6:04	10	5:20	102	8:19	4.10	24:55	6:04	10	5:20	102	8:19
Plessenburg	2.40	13:03	5:26	9	2:36	88	3:54	6.50	37:58	5:50	9	7:56	98	12:13
Oehrenfeld	3.40	16:42	4:54	15	5:01	159	5:47	9.90	54:40	5:31	9	12:57	109	18:00
Ilsestein	4.80	28:13	5:52	9	4:24	68	18:22	14.70	1:22:53	5:38	10	17:21	96	26:18
Plessenburg	2.30	13:48	6:00	9	2:22	60	4:10	17.00	1:36:41	5:41	9	19:43	85	30:28
Oehrenfeld	3.40	17:13	5:03	14	4:24	154	5:52	20.40	1:53:54	5:35	9	24:07	92	36:20
Ilseburg/Markt	4.50	24:40	5:28	11	5:56	109	7:54	24.90	2:18:34	5:33	9	30:03	92	44:14