



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Quaas

Number: 344

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:25:18

Speed: 9.91 km/h
Running performance: 5:50 min/km

Rank in course/Total: 140 (of 433)

Rank in course/Men: 128 (of 351)

Best time in course: 1:34:20

Rank in category: 14(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	27:01	6:35	18	7:26	169	10:25	4.10	27:01	6:35	18	7:26	169	10:25
Plessenburg	2.40	13:59	5:49	12	3:32	125	4:50	6.50	41:00	6:18	18	10:58	155	15:15
Oehrenfeld	3.40	18:01	5:17	25	6:20	236	7:06	9.90	59:01	5:57	19	17:18	184	22:21
Ilsestein	4.80	29:53	6:13	10	6:04	93	20:02	14.70	1:28:54	6:02	14	23:22	150	32:19
Plessenburg	2.30	14:39	6:22	10	3:13	83	5:01	17.00	1:43:33	6:05	14	26:35	135	37:20
Oehrenfeld	3.40	16:58	4:59	11	4:09	134	5:37	20.40	2:00:31	5:54	14	30:44	132	42:57
Ilseburg/Markt	4.50	24:47	5:30	12	6:03	113	8:01	24.90	2:25:18	5:50	14	36:47	128	50:58