



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Thomas Stephan

Number: 424

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M50 (50-54) B

Total time: 2:29:37

Speed: 9.62 km/h
Running performance: 6:00 min/km

Rank in course/Total: 170 (of 433)

Rank in course/Men: 153 (of 351)

Best time in course: 1:34:20

Rank in category: 15(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	25:45	6:16	15	6:10	133	9:09	4.10	25:45	6:16	15	6:10	133	9:09
Plessenburg	2.40	14:56	6:13	20	4:29	187	5:47	6.50	40:41	6:15	17	10:39	146	14:56
Oehrenfeld	3.40	16:29	4:50	14	4:48	154	5:34	9.90	57:10	5:46	14	15:27	143	20:30
Ilsestein	4.80	32:40	6:48	16	8:51	179	22:49	14.70	1:29:50	6:06	15	24:18	157	33:15
Plessenburg	2.30	16:25	7:08	16	4:59	166	6:47	17.00	1:46:15	6:15	16	29:17	160	40:02
Oehrenfeld	3.40	17:16	5:04	15	4:27	157	5:55	20.40	2:03:31	6:03	15	33:44	156	45:57
Ilseburg/Markt	4.50	26:06	5:48	13	7:22	149	9:20	24.90	2:29:37	6:00	15	41:06	153	55:17