



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Tomas Camanguira

Number: 72

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M60 (60-64) B

Total time: 2:11:00

Speed: 10.99 km/h
Running performance: 5:15 min/km

Rank in course/Total: 65 (of 433)

Rank in course/Men: 56 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 28)

Best time in the category: 2:05:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	22:25	5:28	1	-	50	5:49	4.10	22:25	5:28	1	-	50	5:49
Plessenburg	2.40	12:13	5:05	2	0:13	52	3:04	6.50	34:38	5:19	2	0:12	51	8:53
Oehrenfeld	3.40	14:07	4:09	1	-	48	3:12	9.90	48:45	4:55	1	-	51	12:05
Ilsestein	4.80	27:52	5:48	2	1:36	61	18:01	14.70	1:16:37	5:12	2	1:17	54	20:02
Plessenburg	2.30	14:44	6:24	5	1:52	87	5:06	17.00	1:31:21	5:22	2	3:09	52	25:08
Oehrenfeld	3.40	15:16	4:29	2	0:37	55	3:55	20.40	1:46:37	5:13	2	3:46	52	29:03
Ilseburg/Markt	4.50	24:23	5:25	5	1:46	102	7:37	24.90	2:11:00	5:15	2	5:32	56	36:40