



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Schulz

Number: 1094

Course: 3.90 km

3,9 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 25:26

Speed: 7.08 km/h

Running performance: 6:31 min/km

Rank in course/Total: 21 (of 44)

Rank in course/Men: 15 (of 23)

Best time in course: 15:02

Rank in category: 2(of 2)

Best time in the category: 18:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	1.90	12:53	6:46	2	3:41	17	5:01	1.90	12:53	6:46	2	3:41	17	5:01
Ilseburg/Markt	2.00	12:33	6:16	2	3:40	15	5:23	3.90	25:26	6:31	2	7:21	15	10:24