



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Maier

Club: Sportinstitut TU Clausthal
Number: 289

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:16:40

Speed: 10.54 km/h
Running performance: 5:29 min/km

Rank in course/Total: 95 (of 433)

Rank in course/Men: 84 (of 351)

Best time in course: 1:34:20

Rank in category: 12(of 32)

Best time in the category: 1:40:43

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	23:59	5:50	9	6:02	79	7:23	4.10	23:59	5:50	9	6:02	79	7:23
Plessenburg	2.40	12:43	5:17	10	2:53	69	3:34	6.50	36:42	5:38	9	8:55	74	10:57
Oehrenfeld	3.40	14:08	4:09	6	2:21	52	3:13	9.90	50:50	5:08	8	11:16	70	14:10
Ilsestein	4.80	28:40	5:58	11	7:14	74	18:49	14.70	1:19:30	5:24	9	18:30	71	22:55
Plessenburg	2.30	13:45	5:58	8	3:29	58	4:07	17.00	1:33:15	5:29	8	21:59	63	27:02
Oehrenfeld	3.40	16:47	4:56	15	4:43	122	5:26	20.40	1:50:02	5:23	11	26:42	73	32:28
Ilseburg/Markt	4.50	26:38	5:55	19	9:15	160	9:52	24.90	2:16:40	5:29	12	35:57	84	42:20