



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Frasch

Number: 129

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:39:15

Speed: 9.04 km/h  
Running performance: 6:23 min/km

Rank in course/Total: 231 (of 433)

Rank in course/Men: 207 (of 351)

Best time in course: 1:34:20

Rank in category: 36(of 49)

Best time in the category: 1:42:12

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	28:47	7:01	42	11:25	239	12:11	4.10	28:47	7:01	42	11:25	239	12:11
Plessenburg	2.40	15:19	6:22	36	5:30	203	6:10	6.50	44:06	6:47	41	16:55	227	18:21
Oehrenfeld	3.40	16:35	4:52	27	5:16	156	5:40	9.90	1:00:41	6:07	37	22:06	207	24:01
Ilsestein	4.80	36:52	7:40	45	15:51	267	27:01	14.70	1:37:33	6:38	41	37:57	229	40:58
Plessenburg	2.30	16:42	7:15	30	6:29	179	7:04	17.00	1:54:15	6:43	40	43:50	222	48:02
Oehrenfeld	3.40	16:55	4:58	24	4:57	130	5:34	20.40	2:11:10	6:25	35	48:47	208	53:36
Ilseburg/Markt	4.50	28:05	6:14	32	9:49	194	11:19	24.90	2:39:15	6:23	36	57:03	207	1:04:55