



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Helde

Number: 182

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:41:34

Speed: 8.91 km/h

Running performance: 6:29 min/km

Rank in course/Total: 246 (of 433)

Rank in course/Men: 219 (of 351)

Best time in course: 1:34:20

Rank in category: 39(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		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	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	15:18	6:22	35	5:29	202	6:09	6.50	44:05	6:46	40	16:54	225	18:20
Oehrenfeld	3.40	18:12	5:21	39	6:53	243	7:17	9.90	1:02:17	6:17	39	23:42	227	25:37
Ilsestein	4.80	33:14	6:55	32	12:13	193	23:23	14.70	1:35:31	6:29	37	35:55	211	38:56
Plessenburg	2.30	17:28	7:35	37	7:15	223	7:50	17.00	1:52:59	6:38	36	42:34	210	46:46
Oehrenfeld	3.40	19:52	5:50	40	7:54	249	8:31	20.40	2:12:51	6:30	38	50:28	219	55:17
Ilseburg/Markt	4.50	28:43	6:22	38	10:27	215	11:57	24.90	2:41:34	6:29	39	59:22	219	1:07:14