



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Meißner

Club: NSV Wernigerode  
Number: 299

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 1:40:59

Speed: 14.26 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 3 (of 433)

Rank in course/Men: 3 (of 351)

Best time in course: 1:34:20

Rank in category: 1(of 53)

Best time in the category: 1:40:59

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	18:30	4:30	1	-	6	1:54	4.10	18:30	4:30	1	-	6	1:54
Plessenburg	2.40	9:50	4:05	1	-	3	0:41	6.50	28:20	4:21	1	-	6	2:35
Oehrenfeld	3.40	11:52	3:29	1	-	7	0:57	9.90	40:12	4:03	1	-	5	3:32
Ilsestein	4.80	21:27	4:28	1	-	5	11:36	14.70	1:01:39	4:11	1	-	4	5:04
Plessenburg	2.30	10:09	4:24	1	-	2	0:31	17.00	1:11:48	4:13	1	-	4	5:35
Oehrenfeld	3.40	12:08	3:34	1	-	5	0:47	20.40	1:23:56	4:06	1	-	4	6:22
Ilseburg/Markt	4.50	17:03	3:47	1	-	2	0:17	24.90	1:40:59	4:03	1	-	3	6:39