



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Mund

Number: 315

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:13:23

Speed: 10.80 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 80 (of 433)

Rank in course/Men: 69 (of 351)

Best time in course: 1:34:20

Rank in category: 14(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	23:49	5:48	18	5:19	74	7:13	4.10	23:49	5:48	18	5:19	74	7:13
Plessenburg	2.40	12:33	5:13	14	2:43	58	3:24	6.50	36:22	5:35	16	8:02	71	10:37
Oehrenfeld	3.40	14:06	4:08	12	2:14	47	3:11	9.90	50:28	5:05	15	10:16	64	13:48
Ilsestein	4.80	29:08	6:04	15	7:41	81	19:17	14.70	1:19:36	5:24	14	17:57	72	23:01
Plessenburg	2.30	14:38	6:21	18	4:29	81	5:00	17.00	1:34:14	5:32	14	22:26	71	28:01
Oehrenfeld	3.40	15:38	4:35	13	3:30	73	4:17	20.40	1:49:52	5:23	14	25:56	71	32:18
Ilseburg/Markt	4.50	23:31	5:13	15	6:28	75	6:45	24.90	2:13:23	5:21	14	32:24	69	39:03