



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Kurch

Club: VfL 28 Ellrich  
Number: 549

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M40 (40-44) B

Total time: 2:19:45

Speed: 10.30 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 107 (of 433)

Rank in course/Men: 95 (of 351)

Best time in course: 1:34:20

Rank in category: 20(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	23:30	5:43	16	5:00	68	6:54	4.10	23:30	5:43	16	5:00	68	6:54
Plessenburg	2.40	13:20	5:33	18	3:30	96	4:11	6.50	36:50	5:40	17	8:30	76	11:05
Oehrenfeld	3.40	14:49	4:21	16	2:57	80	3:54	9.90	51:39	5:13	16	11:27	78	14:59
Ilsestein	4.80	30:05	6:16	22	8:38	102	20:14	14.70	1:21:44	5:33	17	20:05	87	25:09
Plessenburg	2.30	15:58	6:56	27	5:49	144	6:20	17.00	1:37:42	5:44	17	25:54	92	31:29
Oehrenfeld	3.40	16:04	4:43	21	3:56	93	4:43	20.40	1:53:46	5:34	17	29:50	91	36:12
Ilseburg/Markt	4.50	25:59	5:46	28	8:56	146	9:13	24.90	2:19:45	5:36	20	38:46	95	45:25