



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Sebastian Lech

Number: 271

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:34:12

Speed: 9.34 km/h
Running performance: 6:11 min/km

Rank in course/Total: 204 (of 433)

Rank in course/Men: 184 (of 351)

Best time in course: 1:34:20

Rank in category: 35(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	25:12	6:08	21	6:42	111	8:36	4.10	25:12	6:08	21	6:42	111	8:36
Plessenburg	2.40	13:08	5:28	17	3:18	90	3:59	6.50	38:20	5:53	21	10:00	102	12:35
Oehrenfeld	3.40	15:35	4:35	21	3:43	109	4:40	9.90	53:55	5:26	21	13:43	101	17:15
Ilsestein	4.80	33:06	6:53	35	11:39	185	23:15	14.70	1:27:01	5:55	26	25:22	129	30:26
Plessenburg	2.30	18:50	8:11	45	8:41	271	9:12	17.00	1:45:51	6:13	30	34:03	156	39:38
Oehrenfeld	3.40	17:39	5:11	32	5:31	172	6:18	20.40	2:03:30	6:03	31	39:34	155	45:56
Ilseburg/Markt	4.50	30:42	6:49	42	13:39	262	13:56	24.90	2:34:12	6:11	35	53:13	184	59:52