



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Kai Seegers

Number: 402

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M50 (50-54) B

Total time: 3:27:11

Speed: 6.95 km/h  
Running performance: 8:19 min/km

Rank in course/Total: 412 (of 433)

Rank in course/Men: 338 (of 351)

Best time in course: 1:34:20

Rank in category: 41(of 42)

Best time in the category: 1:48:31

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	34:53	8:30	40	15:18	335	18:17	4.10	34:53	8:30	40	15:18	335	18:17
Plessenburg	2.40	20:14	8:25	40	9:47	343	11:05	6.50	55:07	8:28	41	25:05	341	29:22
Oehrenfeld	3.40	21:18	6:15	41	9:37	332	10:23	9.90	1:16:25	7:43	41	34:42	338	39:45
Ilsestein	4.80	45:02	9:22	40	21:13	342	35:11	14.70	2:01:27	8:15	41	55:55	344	1:04:52
Plessenburg	2.30	23:25	10:10	40	11:59	335	13:47	17.00	2:24:52	8:31	41	1:07:54	340	1:18:39
Oehrenfeld	3.40	23:49	7:00	38	11:00	324	12:28	20.40	2:48:41	8:16	41	1:18:54	338	1:31:07
Ilseburg/Markt	4.50	38:30	8:33	40	19:46	333	21:44	24.90	3:27:11	8:19	41	1:38:40	338	1:52:51