



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jan Seeliger

Number: 403

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:51:56

Speed: 8.38 km/h

Running performance: 6:54 min/km

Rank in course/Total: 309 (of 433)

Rank in course/Men: 266 (of 351)

Best time in course: 1:34:20

Rank in category: 36(of 49)

Best time in the category: 1:58:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Ilsestein	4.10	27:15	6:38	24	6:28	179	10:39	4.10	27:15	6:38	24	6:28	179	10:39
Plessenburg	2.40	16:53	7:02	36	5:23	278	7:44	6.50	44:08	6:47	31	11:51	230	18:23
Oehrenfeld	3.40	19:00	5:35	36	5:44	263	8:05	9.90	1:03:08	6:22	31	17:25	239	26:28
Ilsestein	4.80	37:38	7:50	38	12:06	276	27:47	14.70	1:40:46	6:51	36	29:31	258	44:11
Plessenburg	2.30	18:41	8:07	38	6:15	270	9:03	17.00	1:59:27	7:01	37	35:46	261	53:14
Oehrenfeld	3.40	20:54	6:08	38	7:07	282	9:33	20.40	2:20:21	6:52	37	42:53	266	1:02:47
Ilseburg/Markt	4.50	31:35	7:01	37	10:40	270	14:49	24.90	2:51:56	6:54	36	53:33	266	1:17:36