



53. Brockenlauf

Ilseburg / 07.09.2024

Detailed evaluation

Matthias Leiner

Number: 1106

Course: 3.90 km

3,9 km - Lauf

Category:

Senioren M40 (40-44)

Total time: 18:05

Speed: 9.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 9 (of 44)

Rank in course/Men: 8 (of 23)

Best time in course: 15:02

Rank in category: 1(of 2)

Best time in the category: 18:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Control	1.90	9:12	4:50	1	-	6	1:20	1.90	9:12	4:50	1	-	6	1:20
Ilseburg/Markt	2.00	8:53	4:26	1	-	8	1:43	3.90	18:05	4:38	1	-	8	3:03