



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Matti Bruns

Number: 65

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 1:46:56

Speed: 13.47 km/h

Running performance: 4:17 min/km

Rank in course/Total: 7 (of 433)

Rank in course/Men: 7 (of 351)

Best time in course: 1:34:20

Rank in category: 2(of 32)

Best time in the category: 1:40:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Ilsestein	4.10	17:58	4:22	2	4	0:01	1:22	4.10	17:58	4:22	2	4	0:01	1:22
Plessenburg	2.40	10:01	4:10	2	6	0:11	0:52	6.50	27:59	4:18	2	4	0:12	2:14
Oehrenfeld	3.40	12:03	3:32	2	8	0:16	1:08	9.90	40:02	4:02	2	4	0:28	3:22
Ilsestein	4.80	21:43	4:31	2	7	0:17	11:52	14.70	1:01:45	4:12	2	5	0:45	5:10
Plessenburg	2.30	10:47	4:41	2	5	0:31	1:09	17.00	1:12:32	4:15	2	6	1:16	6:19
Oehrenfeld	3.40	13:00	3:49	2	11	0:56	1:39	20.40	1:25:32	4:11	2	6	2:12	7:58
Ilseburg/Markt	4.50	21:24	4:45	2	32	4:01	4:38	24.90	1:46:56	4:17	2	7	6:13	12:36