



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Göbel

Club: Harz-Gebirgslauf Wernigerode
Number: 3

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 1:52:29

Speed: 12.80 km/h
Running performance: 4:31 min/km

Rank in course/Total: 14 (of 433)

Rank in course/Men: 14 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 25)

Best time in the category: 1:34:20

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	19:17	4:42	3	2:41	9	2:41	4.10	19:17	4:42	3	2:41	9	2:41
Plessenburg	2.40	10:30	4:22	3	1:21	11	1:21	6.50	29:47	4:34	3	4:02	10	4:02
Oehrenfeld	3.40	12:13	3:35	3	1:18	11	1:18	9.90	42:00	4:14	3	5:20	11	5:20
Ilsestein	4.80	23:43	4:56	4	13:52	13	13:52	14.70	1:05:43	4:28	4	9:08	13	9:08
Plessenburg	2.30	12:05	5:15	4	2:27	17	2:27	17.00	1:17:48	4:34	3	11:35	12	11:35
Oehrenfeld	3.40	13:39	4:00	4	2:18	19	2:18	20.40	1:31:27	4:28	3	13:53	12	13:53
Ilseburg/Markt	4.50	21:02	4:40	4	4:16	24	4:16	24.90	1:52:29	4:31	3	18:09	14	18:09