



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martin Morgenstern

Club: LAV 07 Bad Harzburg
Number: 309

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 1:48:56

Speed: 13.22 km/h
Running performance: 4:22 min/km

Rank in course/Total: 11 (of 433)

Rank in course/Men: 11 (of 351)

Best time in course: 1:34:20

Rank in category: 5(of 49)

Best time in the category: 1:42:12

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	19:20	4:42	4	1:58	10	2:44	4.10	19:20	4:42	4	1:58	10	2:44
Plessenburg	2.40	10:33	4:23	5	0:44	12	1:24	6.50	29:53	4:35	5	2:42	11	4:08
Oehrenfeld	3.40	12:07	3:33	4	0:48	9	1:12	9.90	42:00	4:14	5	3:25	11	5:20
Ilsestein	4.80	23:28	4:53	5	2:27	12	13:37	14.70	1:05:28	4:27	5	5:52	11	8:53
Plessenburg	2.30	11:33	5:01	5	1:20	12	1:55	17.00	1:17:01	4:31	5	6:36	11	10:48
Oehrenfeld	3.40	12:47	3:45	5	0:49	8	1:26	20.40	1:29:48	4:24	5	7:25	11	12:14
Ilseburg/Markt	4.50	19:08	4:15	3	0:52	7	2:22	24.90	1:48:56	4:22	5	6:44	11	14:36