



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Pflug

Number: 331

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M35 (35-39) B

Total time: 2:04:52

Speed: 11.53 km/h

Running performance: 5:00 min/km

Rank in course/Total: 39 (of 433)

Rank in course/Men: 35 (of 351)

Best time in course: 1:34:20

Rank in category: 9(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	21:44	5:18	10	4:22	41	5:08	4.10	21:44	5:18	10	4:22	41	5:08
Plessenburg	2.40	11:46	4:54	9	1:57	34	2:37	6.50	33:30	5:09	10	6:19	37	7:45
Oehrenfeld	3.40	12:29	3:40	6	1:10	14	1:34	9.90	45:59	4:38	9	7:24	29	9:19
Ilsestein	4.80	26:43	5:33	9	5:42	42	16:52	14.70	1:12:42	4:56	9	13:06	31	16:07
Plessenburg	2.30	13:16	5:46	9	3:03	39	3:38	17.00	1:25:58	5:03	9	15:33	31	19:45
Oehrenfeld	3.40	14:28	4:15	9	2:30	36	3:07	20.40	1:40:26	4:55	9	18:03	32	22:52
Ilseburg/Markt	4.50	24:26	5:25	20	6:10	103	7:40	24.90	2:04:52	5:00	9	22:40	35	30:32