



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Heene

Number: 176

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M35 (35-39) B

Total time: 2:44:09

Speed: 8.77 km/h

Running performance: 6:35 min/km

Rank in course/Total: 266 (of 433)

Rank in course/Men: 234 (of 351)

Best time in course: 1:34:20

Rank in category: 42(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     | 29:07      | 7:06         | 44          | 11:45       | 248     | 12:31      | 4.10          | 29:07      | 7:06         | 44       | 11:45       | 248     | 12:31      |
| Plessenburg        | 2.40     | 16:56      | 7:03         | 45          | 7:07        | 281     | 7:47       | 6.50          | 46:03      | 7:05         | 44       | 18:52       | 265     | 20:18      |
| Oehrenfeld         | 3.40     | 19:03      | 5:36         | 42          | 7:44        | 265     | 8:08       | 9.90          | 1:05:06    | 6:34         | 43       | 26:31       | 266     | 28:26      |
| Ilsestein          | 4.80     | 36:03      | 7:30         | 42          | 15:02       | 255     | 26:12      | 14.70         | 1:41:09    | 6:52         | 44       | 41:33       | 262     | 44:34      |
| Plessenburg        | 2.30     | 16:53      | 7:20         | 31          | 6:40        | 189     | 7:15       | 17.00         | 1:58:02    | 6:56         | 43       | 47:37       | 250     | 51:49      |
| Oehrenfeld         | 3.40     | 17:43      | 5:12         | 29          | 5:45        | 174     | 6:22       | 20.40         | 2:15:45    | 6:39         | 42       | 53:22       | 236     | 58:11      |
| Ilseburg/Markt     | 4.50     | 28:24      | 6:18         | 36          | 10:08       | 205     | 11:38      | 24.90         | 2:44:09    | 6:35         | 42       | 1:01:57     | 234     | 1:09:49    |