



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Langner

Number: 266

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M40 (40-44) B

Total time: 2:24:23

Speed: 9.97 km/h

Running performance: 5:47 min/km

Rank in course/Total: 135 (of 433)

Rank in course/Men: 123 (of 351)

Best time in course: 1:34:20

Rank in category: 23(of 53)

Best time in the category: 1:40:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	25:49	6:17	23	7:19	135	9:13	4.10	25:49	6:17	23	7:19	135	9:13
Plessenburg	2.40	14:25	6:00	30	4:35	158	5:16	6.50	40:14	6:11	24	11:54	140	14:29
Oehrenfeld	3.40	15:42	4:37	24	3:50	113	4:47	9.90	55:56	5:38	23	15:44	126	19:16
Ilsestein	4.80	31:25	6:32	26	9:58	145	21:34	14.70	1:27:21	5:56	27	25:42	131	30:46
Plessenburg	2.30	15:27	6:43	23	5:18	122	5:49	17.00	1:42:48	6:02	26	31:00	130	36:35
Oehrenfeld	3.40	15:52	4:40	16	3:44	84	4:31	20.40	1:58:40	5:49	23	34:44	117	41:06
Ilseburg/Markt	4.50	25:43	5:42	26	8:40	142	8:57	24.90	2:24:23	5:47	23	43:24	123	50:03