



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

**Matthias Schwarze**

Club: Crazy Cool Runnings  
Number: 400

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M45 (45-49) B

Total time: 2:57:56

Speed: 8.09 km/h  
Running performance: 7:08 min/km

Rank in course/Total: 331 (of 433)

Rank in course/Men: 280 (of 351)

Best time in course: 1:34:20

Rank in category: 36(of 43)

Best time in the category: 1:51:51

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	30:38	7:28	35	11:08	286	14:02	4.10	30:38	7:28	35	11:08	286	14:02
Plessenburg	2.40	17:05	7:07	38	6:20	286	7:56	6.50	47:43	7:20	36	17:28	282	21:58
Oehrenfeld	3.40	18:14	5:21	32	5:50	245	7:19	9.90	1:05:57	6:39	35	23:18	275	29:17
Ilsestein	4.80	39:53	8:18	39	15:44	306	30:02	14.70	1:45:50	7:11	38	39:02	292	49:15
Plessenburg	2.30	18:57	8:14	35	7:11	275	9:19	17.00	2:04:47	7:20	37	46:13	283	58:34
Oehrenfeld	3.40	20:22	5:59	35	7:24	272	9:01	20.40	2:25:09	7:06	37	53:37	281	1:07:35
Ilseburg/Markt	4.50	32:47	7:17	37	12:28	287	16:01	24.90	2:57:56	7:08	36	1:06:05	280	1:23:36