



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Korn

Number: 244

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M55 (55-59) B

Total time: 2:41:04

Speed: 8.94 km/h

Running performance: 6:28 min/km

Rank in course/Total: 242 (of 433)

Rank in course/Men: 215 (of 351)

Best time in course: 1:34:20

Rank in category: 27(of 49)

Best time in the category: 1:58:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Ilsestein	4.10	28:36	6:58	32	7:49	233	12:00	4.10	28:36	6:58	32	7:49	233	12:00
Plessenburg	2.40	16:21	6:48	31	4:51	258	7:12	6.50	44:57	6:54	33	12:40	242	19:12
Oehrenfeld	3.40	18:16	5:22	31	5:00	246	7:21	9.90	1:03:13	6:23	32	17:30	240	26:33
Ilsestein	4.80	35:06	7:18	30	9:34	232	25:15	14.70	1:38:19	6:41	30	27:04	236	41:44
Plessenburg	2.30	16:49	7:18	24	4:23	184	7:11	17.00	1:55:08	6:46	29	31:27	228	48:55
Oehrenfeld	3.40	17:49	5:14	20	4:02	181	6:28	20.40	2:12:57	6:31	28	35:29	221	55:23
Ilseburg/Markt	4.50	28:07	6:14	25	7:12	196	11:21	24.90	2:41:04	6:28	27	42:41	215	1:06:44