



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Matthias Müller

Number: 312

Course: 24.90 km  
24,9 km - Lauf

Category:  
Senioren M65 (65-69) B

Total time: 3:23:44

Speed: 7.07 km/h

Running performance: 8:10 min/km

Rank in course/Total: 410 (of 433)

Rank in course/Men: 337 (of 351)

Best time in course: 1:34:20

Rank in category: 23(of 24)

Best time in the category: 2:08:44

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Ilsestein	4.10	29:58	7:18	17	7:05	271	13:22	4.10	29:58	7:18	17	7:05	271	13:22
Plessenburg	2.40	19:12	8:00	23	7:03	329	10:03	6.50	49:10	7:33	18	14:08	304	23:25
Oehrenfeld	3.40	20:32	6:02	21	7:03	318	9:37	9.90	1:09:42	7:02	20	21:11	309	33:02
Ilsestein	4.80	40:03	8:20	20	12:42	309	30:12	14.70	1:49:45	7:27	19	33:53	308	53:10
Plessenburg	2.30	26:44	11:37	23	13:21	344	17:06	17.00	2:16:29	8:01	22	43:55	323	1:10:16
Oehrenfeld	3.40	30:04	8:50	24	15:57	344	18:43	20.40	2:46:33	8:09	23	59:52	337	1:28:59
Ilseburg/Markt	4.50	37:11	8:15	22	15:08	327	20:25	24.90	3:23:44	8:10	23	1:15:00	337	1:49:24