



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Karina Molenda-Opitz

Number: 1085

Course: 3.90 km

3,9 km - Lauf

Category:

Seniorinnen W35 (35-39)

Total time: 30:19

Speed: 5.94 km/h

Running performance: 7:46 min/km

Rank in course/Total: 37 (of 44)

Rank in course/Women: 16 (of 21)

Best time in course: 17:03

Rank in category: 4(of 5)

Best time in the category: 27:06

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women				km	Time		
Control	1.90	15:40	8:14	4	2:38	16	6:51	1.90	15:40	8:14	4	2:38	16	6:51
Ilseburg/Markt	2.00	14:39	7:19	4	1:33	15	6:25	3.90	30:19	7:46	4	3:13	16	13:16