



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Nancy Effinghausen

Number: 736

Course: 10.10 km  
10,1 km - Wanderung

Category:  
Frauen K

Total time: 2:04:57

Speed: 4.80 km/h  
Running performance: 12:22 min/km

Rank in course/Total: 28 (of 57)

Rank in course/Women: 16 (of 32)

Best time in course: 1:23:44

Rank in category: 16(of 32)

Best time in the category: 1:23:44

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	52:22	12:46	17	16:24	17	16:24	4.10	52:22	12:46	17	16:24	17	16:24
Control	0.90	13:49	15:21	21	4:57	21	4:57	5.00	1:06:11	13:14	17	21:21	17	21:21
Ilsestein	1.00	16:25	16:25	20	7:48	20	7:48	6.00	1:22:36	13:45	17	29:09	17	29:09
Ilseburg/Markt	4.10	42:21	10:19	13	12:04	13	12:04	10.10	2:04:57	12:22	16	41:13	16	41:13