



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Mira Czarnetzki

Club: TTB Frauenpower  
Number: 77

Course: 24.90 km  
24,9 km - Lauf

Category:  
Frauen (20-29) B

Total time: 2:00:15

Speed: 11.98 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 31 (of 433)

Rank in course/Women: 3 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 14)

Best time in the category: 2:00:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	21:02	5:07	2	0:08	4	0:22	4.10	21:02	5:07	2	0:08	4	0:22
Plessenburg	2.40	12:31	5:12	2	0:49	5	1:12	6.50	33:33	5:09	2	0:57	4	1:34
Oehrenfeld	3.40	14:14	4:11	2	1:22	5	1:22	9.90	47:47	4:49	2	2:19	4	2:29
Ilsestein	4.80	26:33	5:31	1	-	3	2:20	14.70	1:14:20	5:03	2	1:49	4	4:49
Plessenburg	2.30	12:26	5:24	1	-	3	0:51	17.00	1:26:46	5:06	2	0:32	4	5:40
Oehrenfeld	3.40	13:36	4:00	1	-	2	0:14	20.40	1:40:22	4:55	2	0:05	4	5:54
Ilseburg/Markt	4.50	19:53	4:25	1	-	2	0:25	24.90	2:00:15	4:49	1	-	3	6:19