



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martha Studtmann

Number: 434

Course: 24.90 km
24,9 km - Lauf

Category:
Frauen (20-29) B

Total time: 2:03:37

Speed: 11.65 km/h
Running performance: 4:57 min/km

Rank in course/Total: 36 (of 433)

Rank in course/Women: 4 (of 82)

Best time in course: 1:53:56

Rank in category: 2(of 14)

Best time in the category: 2:00:15

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	20:54	5:05	1	-	2	0:14	4.10	20:54	5:05	1	-	2	0:14
Plessenburg	2.40	11:42	4:52	1	-	3	0:23	6.50	32:36	5:00	1	-	3	0:37
Oehrenfeld	3.40	12:52	3:47	1	-	1	-	9.90	45:28	4:35	1	-	2	0:10
Ilsestein	4.80	27:03	5:38	2	0:30	5	2:50	14.70	1:12:31	4:55	1	-	3	3:00
Plessenburg	2.30	13:43	5:57	2	1:17	7	2:08	17.00	1:26:14	5:04	1	-	3	5:08
Oehrenfeld	3.40	14:03	4:07	2	0:27	3	0:41	20.40	1:40:17	4:54	1	-	3	5:49
Ilseburg/Markt	4.50	23:20	5:11	2	3:27	10	3:52	24.90	2:03:37	4:57	2	3:22	4	9:41