



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Anastasia Gaspert

Club: TTB Frauenpower  
Number: 139

Course: 24.90 km  
24,9 km - Lauf

Category:  
Frauen (20-29) B

Total time: 2:26:43

Speed: 9.81 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 150 (of 433)

Rank in course/Women: 13 (of 82)

Best time in course: 1:53:56

Rank in category: 3(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	24:44	6:01	3	3:50	12	4:04	4.10	24:44	6:01	3	3:50	12	4:04
Plessenburg	2.40	14:13	5:55	3	2:31	14	2:54	6.50	38:57	5:59	3	6:21	12	6:58
Oehrenfeld	3.40	16:03	4:43	3	3:11	14	3:11	9.90	55:00	5:33	3	9:32	12	9:42
Ilsestein	4.80	31:25	6:32	3	4:52	14	7:12	14.70	1:26:25	5:52	3	13:54	13	16:54
Plessenburg	2.30	16:07	7:00	4	3:41	16	4:32	17.00	1:42:32	6:01	3	16:18	13	21:26
Oehrenfeld	3.40	17:31	5:09	6	3:55	21	4:09	20.40	2:00:03	5:53	3	19:46	13	25:35
Ilseburg/Markt	4.50	26:40	5:55	4	6:47	22	7:12	24.90	2:26:43	5:53	3	26:28	13	32:47