



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Karolin Schneider

Club: No f*cking X-Cuses
Number: 386

Course: 24.90 km
24,9 km - Lauf

Category:
Frauen (20-29) B

Total time: 2:26:56

Speed: 9.80 km/h
Running performance: 5:54 min/km

Rank in course/Total: 152 (of 433)

Rank in course/Women: 14 (of 82)

Best time in course: 1:53:56

Rank in category: 4(of 14)

Best time in the category: 2:00:15

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
| | 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 | 27:44 | 6:45 | 5 | 6:50 | 23 | 7:04 | 4.10 | 27:44 | 6:45 | 5 | 6:50 | 23 | 7:04 |
| Plessenburg | 2.40 | 14:55 | 6:12 | 4 | 3:13 | 16 | 3:36 | 6.50 | 42:39 | 6:33 | 5 | 10:03 | 21 | 10:40 |
| Oehrenfeld | 3.40 | 16:15 | 4:46 | 5 | 3:23 | 17 | 3:23 | 9.90 | 58:54 | 5:56 | 5 | 13:26 | 20 | 13:36 |
| Ilsestein | 4.80 | 31:55 | 6:38 | 4 | 5:22 | 16 | 7:42 | 14.70 | 1:30:49 | 6:10 | 5 | 18:18 | 18 | 21:18 |
| Plessenburg | 2.30 | 15:34 | 6:46 | 3 | 3:08 | 13 | 3:59 | 17.00 | 1:46:23 | 6:15 | 4 | 20:09 | 17 | 25:17 |
| Oehrenfeld | 3.40 | 16:13 | 4:46 | 4 | 2:37 | 14 | 2:51 | 20.40 | 2:02:36 | 6:00 | 4 | 22:19 | 17 | 28:08 |
| Ilseburg/Markt | 4.50 | 24:20 | 5:24 | 3 | 4:27 | 14 | 4:52 | 24.90 | 2:26:56 | 5:54 | 4 | 26:41 | 14 | 33:00 |