



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	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