



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Katharina Hauff

Club: NiKa
Number: 175

Course: 24.90 km
24,9 km - Lauf

Category:
Frauen (20-29) B

Total time: 2:40:38

Speed: 8.96 km/h
Running performance: 6:27 min/km

Rank in course/Total: 238 (of 433)

Rank in course/Women: 26 (of 82)

Best time in course: 1:53:56

Rank in category: 6(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	27:49	6:47	6	6:55	25	7:09	4.10	27:49	6:47	6	6:55	25	7:09
Plessenburg	2.40	14:58	6:14	5	3:16	17	3:39	6.50	42:47	6:34	6	10:11	22	10:48
Oehrenfeld	3.40	19:07	5:37	8	6:15	40	6:15	9.90	1:01:54	6:15	6	16:26	27	16:36
Ilsestein	4.80	32:58	6:52	6	6:25	20	8:45	14.70	1:34:52	6:27	6	22:21	22	25:21
Plessenburg	2.30	17:27	7:35	7	5:01	32	5:52	17.00	1:52:19	6:36	6	26:05	23	31:13
Oehrenfeld	3.40	19:56	5:51	9	6:20	46	6:34	20.40	2:12:15	6:28	6	31:58	26	37:47
Ilseburg/Markt	4.50	28:23	6:18	8	8:30	34	8:55	24.90	2:40:38	6:27	6	40:23	26	46:42