



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Luisa Stöckel

Number: 427

Course: 24.90 km
24,9 km - Lauf

Category:
Frauen (20-29) B

Total time: 2:42:08

Speed: 8.88 km/h

Running performance: 6:30 min/km

Rank in course/Total: 253 (of 433)

Rank in course/Women: 30 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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	31:42	7:43	11	10:48	53	11:02	4.10	31:42	7:43	11	10:48	53	11:02
Plessenburg	2.40	17:30	7:17	12	5:48	53	6:11	6.50	49:12	7:34	11	16:36	53	17:13
Oehrenfeld	3.40	16:13	4:46	4	3:21	16	3:21	9.90	1:05:25	6:36	9	19:57	36	20:07
Ilsestein	4.80	36:11	7:32	8	9:38	34	11:58	14.70	1:41:36	6:54	8	29:05	36	32:05
Plessenburg	2.30	17:21	7:32	6	4:55	28	5:46	17.00	1:58:57	6:59	8	32:43	37	37:51
Oehrenfeld	3.40	16:30	4:51	5	2:54	18	3:08	20.40	2:15:27	6:38	7	35:10	33	40:59
Ilseburg/Markt	4.50	26:41	5:55	5	6:48	23	7:13	24.90	2:42:08	6:30	7	41:53	30	48:12