



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Belinda Mühlichen

Number: 311

Course: 24.90 km  
24,9 km - Lauf

Category:  
Frauen (20-29) B

Total time: 2:45:43

Speed: 8.69 km/h

Running performance: 6:39 min/km

Rank in course/Total: 278 (of 433)

Rank in course/Women: 36 (of 82)

Best time in course: 1:53:56

Rank in category: 8(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	28:11	6:52	7	7:17	29	7:31	4.10	28:11	6:52	7	7:17	29	7:31
Plessenburg	2.40	16:13	6:45	8	4:31	32	4:54	6.50	44:24	6:49	7	11:48	29	12:25
Oehrenfeld	3.40	19:11	5:38	9	6:19	41	6:19	9.90	1:03:35	6:25	7	18:07	34	18:17
Ilsestein	4.80	36:01	7:30	7	9:28	33	11:48	14.70	1:39:36	6:46	7	27:05	34	30:05
Plessenburg	2.30	18:21	7:58	10	5:55	45	6:46	17.00	1:57:57	6:56	7	31:43	34	36:51
Oehrenfeld	3.40	19:59	5:52	10	6:23	48	6:37	20.40	2:17:56	6:45	8	37:39	37	43:28
Ilseburg/Markt	4.50	27:47	6:10	7	7:54	33	8:19	24.90	2:45:43	6:39	8	45:28	36	51:47