



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sophie Holzmann

Number: 202

Course: 24.90 km  
24,9 km - Lauf

Category:  
Frauen (20-29) B

Total time: 3:14:17

Speed: 7.41 km/h  
Running performance: 7:48 min/km

Rank in course/Total: 388 (of 433)

Rank in course/Women: 69 (of 82)

Best time in course: 1:53:56

Rank in category: 13(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	33:29	8:10	13	12:35	65	12:49	4.10	33:29	8:10	13	12:35	65	12:49
Plessenburg	2.40	19:14	8:00	13	7:32	71	7:55	6.50	52:43	8:06	13	20:07	67	20:44
Oehrenfeld	3.40	22:57	6:45	13	10:05	79	10:05	9.90	1:15:40	7:38	13	30:12	73	30:22
Ilsestein	4.80	41:16	8:35	13	14:43	66	17:03	14.70	1:56:56	7:57	13	44:25	71	47:25
Plessenburg	2.30	21:12	9:13	13	8:46	66	9:37	17.00	2:18:08	8:07	13	51:54	69	57:02
Oehrenfeld	3.40	23:19	6:51	12	9:43	69	9:57	20.40	2:41:27	7:54	13	1:01:10	71	1:06:59
Ilseburg/Markt	4.50	32:50	7:17	12	12:57	62	13:22	24.90	3:14:17	7:48	13	1:14:02	69	1:20:21