



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sonja Ginter

Club: PSV Grün-Weiß Kassel  
Number: 148

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W30 (30-34) B

Total time: 2:08:09

Speed: 11.24 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 54 (of 433)

Rank in course/Women: 6 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 7)

Best time in the category: 2:08:09

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	23:07	5:38	2	0:20	7	2:27	4.10	23:07	5:38	2	0:20	7	2:27
Plessenburg	2.40	13:03	5:26	2	0:30	11	1:44	6.50	36:10	5:33	2	0:50	9	4:11
Oehrenfeld	3.40	15:11	4:27	2	0:33	11	2:19	9.90	51:21	5:11	2	1:23	11	6:03
Ilsestein	4.80	27:19	5:41	2	0:20	6	3:06	14.70	1:18:40	5:21	2	1:43	8	9:09
Plessenburg	2.30	13:13	5:44	1	-	4	1:38	17.00	1:31:53	5:24	2	1:28	7	10:47
Oehrenfeld	3.40	14:51	4:22	1	-	7	1:29	20.40	1:46:44	5:13	2	1:03	8	12:16
Ilseburg/Markt	4.50	21:25	4:45	1	-	5	1:57	24.90	2:08:09	5:08	1	-	6	14:13