



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

**Anna Szardenings**

Club: TTB Frauenpower  
Number: 438

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W30 (30-34) B

Total time: 2:08:30

Speed: 11.21 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 56 (of 433)

Rank in course/Women: 7 (of 82)

Best time in course: 1:53:56

Rank in category: 2(of 7)

Best time in the category: 2:08:09

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	22:47	5:33	1	-	5	2:07	4.10	22:47	5:33	1	-	5	2:07
Plessenburg	2.40	12:33	5:13	1	-	6	1:14	6.50	35:20	5:26	1	-	5	3:21
Oehrenfeld	3.40	14:38	4:18	1	-	8	1:46	9.90	49:58	5:02	1	-	7	4:40
Ilsestein	4.80	26:59	5:37	1	-	4	2:46	14.70	1:16:57	5:14	1	-	5	7:26
Plessenburg	2.30	13:28	5:51	2	0:15	5	1:53	17.00	1:30:25	5:19	1	-	5	9:19
Oehrenfeld	3.40	15:16	4:29	2	0:25	10	1:54	20.40	1:45:41	5:10	1	-	6	11:13
Ilseburg/Markt	4.50	22:49	5:04	2	1:24	7	3:21	24.90	2:08:30	5:09	2	0:21	7	14:34