



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daria Lyashenko

Club: Ukrainische Falken
Number: 284

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W30 (30-34) B

Total time: 2:54:56

Speed: 8.23 km/h
Running performance: 7:01 min/km

Rank in course/Total: 321 (of 433)

Rank in course/Women: 47 (of 82)

Best time in course: 1:53:56

Rank in category: 4(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	31:50	7:45	5	9:03	54	11:10	4.10	31:50	7:45	5	9:03	54	11:10
Plessenburg	2.40	18:37	7:45	6	6:04	66	7:18	6.50	50:27	7:45	6	15:07	59	18:28
Oehrenfeld	3.40	19:57	5:52	6	5:19	60	7:05	9.90	1:10:24	7:06	6	20:26	62	25:06
Ilsestein	4.80	37:48	7:52	4	10:49	47	13:35	14.70	1:48:12	7:21	5	31:15	55	38:41
Plessenburg	2.30	18:34	8:04	5	5:21	48	6:59	17.00	2:06:46	7:27	5	36:21	52	45:40
Oehrenfeld	3.40	19:30	5:44	4	4:39	39	6:08	20.40	2:26:16	7:10	5	40:35	50	51:48
Ilseburg/Markt	4.50	28:40	6:22	4	7:15	39	9:12	24.90	2:54:56	7:01	4	46:47	47	1:01:00