



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ina Frank

Club: Aufbau Elbe Magdeburg
Number: 523

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W30 (30-34) B

Total time: 2:57:58

Speed: 8.09 km/h
Running performance: 7:08 min/km

Rank in course/Total: 332 (of 433)

Rank in course/Women: 52 (of 82)

Best time in course: 1:53:56

Rank in category: 5(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	31:05	7:34	4	8:18	46	10:25	4.10	31:05	7:34	4	8:18	46	10:25
Plessenburg	2.40	17:09	7:08	4	4:36	44	5:50	6.50	48:14	7:25	4	12:54	46	16:15
Oehrenfeld	3.40	19:38	5:46	4	5:00	50	6:46	9.90	1:07:52	6:51	4	17:54	46	22:34
Ilsestein	4.80	39:47	8:17	5	12:48	59	15:34	14.70	1:47:39	7:19	4	30:42	52	38:08
Plessenburg	2.30	17:47	7:43	4	4:34	36	6:12	17.00	2:05:26	7:22	4	35:01	49	44:20
Oehrenfeld	3.40	20:28	6:01	5	5:37	50	7:06	20.40	2:25:54	7:09	4	40:13	49	51:26
Ilseburg/Markt	4.50	32:04	7:07	5	10:39	57	12:36	24.90	2:57:58	7:08	5	49:49	52	1:04:02