



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Lisa Gehrke

Number: 142

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W30 (30-34) B

Total time: 3:07:55

Speed: 7.66 km/h  
Running performance: 7:32 min/km

Rank in course/Total: 368 (of 433)

Rank in course/Women: 64 (of 82)

Best time in course: 1:53:56

Rank in category: 6(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	31:57	7:47	6	9:10	56	11:17	4.10	31:57	7:47	6	9:10	56	11:17
Plessenburg	2.40	17:10	7:09	5	4:37	46	5:51	6.50	49:07	7:33	5	13:47	52	17:08
Oehrenfeld	3.40	19:46	5:48	5	5:08	54	6:54	9.90	1:08:53	6:57	5	18:55	52	23:35
Ilsestein	4.80	40:43	8:28	6	13:44	64	16:30	14.70	1:49:36	7:27	6	32:39	60	40:05
Plessenburg	2.30	20:32	8:55	6	7:19	62	8:57	17.00	2:10:08	7:39	6	39:43	62	49:02
Oehrenfeld	3.40	23:56	7:02	6	9:05	70	10:34	20.40	2:34:04	7:33	6	48:23	65	59:36
Ilseburg/Markt	4.50	33:51	7:31	6	12:26	67	14:23	24.90	3:07:55	7:32	6	59:46	64	1:13:59