



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Beatrice Kraus

Number: 249

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W30 (30-34) B

Total time: 3:52:31

Speed: 6.19 km/h
Running performance: 9:20 min/km

Rank in course/Total: 428 (of 433)

Rank in course/Women: 81 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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	38:15	9:19	7	15:28	81	17:35	4.10	38:15	9:19	7	15:28	81	17:35
Plessenburg	2.40	20:17	8:27	7	7:44	77	8:58	6.50	58:32	9:00	7	23:12	78	26:33
Oehrenfeld	3.40	27:20	8:02	7	12:42	82	14:28	9.90	1:25:52	8:40	7	35:54	81	40:34
Ilsestein	4.80	46:39	9:43	7	19:40	76	22:26	14.70	2:12:31	9:00	7	55:34	80	1:03:00
Plessenburg	2.30	26:46	11:38	7	13:33	81	15:11	17.00	2:39:17	9:22	7	1:08:52	81	1:18:11
Oehrenfeld	3.40	34:38	10:11	7	19:47	81	21:16	20.40	3:13:55	9:30	7	1:28:14	82	1:39:27
Ilseburg/Markt	4.50	38:36	8:34	7	17:11	78	19:08	24.90	3:52:31	9:20	7	1:44:22	81	1:58:35