



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Donata Prietz

Number: 338

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W35 (35-39) B

Total time: 2:31:40

Speed: 9.49 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 186 (of 433)

Rank in course/Women: 19 (of 82)

Best time in course: 1:53:56

Rank in category: 3(of 7)

Best time in the category: 2:12:09

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	27:27	6:41	3	4:18	21	6:47	4.10	27:27	6:41	3	4:18	21	6:47
Plessenburg	2.40	15:10	6:19	3	2:51	22	3:51	6.50	42:37	6:33	3	7:09	20	10:38
Oehrenfeld	3.40	16:16	4:47	3	1:37	19	3:24	9.90	58:53	5:56	3	8:46	19	13:35
Ilsestein	4.80	33:12	6:55	3	4:21	22	8:59	14.70	1:32:05	6:15	3	13:07	20	22:34
Plessenburg	2.30	16:42	7:15	3	2:54	21	5:07	17.00	1:48:47	6:23	3	16:01	20	27:41
Oehrenfeld	3.40	16:29	4:50	3	0:46	17	3:07	20.40	2:05:16	6:08	3	16:47	19	30:48
Ilseburg/Markt	4.50	26:24	5:51	4	2:44	20	6:56	24.90	2:31:40	6:05	3	19:31	19	37:44