



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Caroline Schuster

Number: 399

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W35 (35-39) B

Total time: 3:01:57

Speed: 7.91 km/h
Running performance: 7:18 min/km

Rank in course/Total: 347 (of 433)

Rank in course/Women: 58 (of 82)

Best time in course: 1:53:56

Rank in category: 6(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	31:00	7:33	6	7:51	45	10:20	4.10	31:00	7:33	6	7:51	45	10:20
Plessenburg	2.40	18:31	7:42	6	6:12	65	7:12	6.50	49:31	7:37	6	14:03	56	17:32
Oehrenfeld	3.40	20:08	5:55	6	5:29	63	7:16	9.90	1:09:39	7:02	6	19:32	59	24:21
Ilsestein	4.80	39:00	8:07	6	10:09	54	14:47	14.70	1:48:39	7:23	6	29:41	57	39:08
Plessenburg	2.30	20:22	8:51	6	6:34	61	8:47	17.00	2:09:01	7:35	6	36:15	59	47:55
Oehrenfeld	3.40	21:04	6:11	6	5:21	56	7:42	20.40	2:30:05	7:21	6	41:36	60	55:37
Ilseburg/Markt	4.50	31:52	7:04	6	8:12	56	12:24	24.90	3:01:57	7:18	6	49:48	58	1:08:01