



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Claudia Fichtner

Number: 118

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W35 (35-39) B

Total time: 3:10:36

Speed: 7.56 km/h
Running performance: 7:39 min/km

Rank in course/Total: 379 (of 433)

Rank in course/Women: 67 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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 | 35:43 | 8:42 | 7 | 12:34 | 77 | 15:03 | 4.10 | 35:43 | 8:42 | 7 | 12:34 | 77 | 15:03 |
| Plessenburg | 2.40 | 19:01 | 7:55 | 7 | 6:42 | 69 | 7:42 | 6.50 | 54:44 | 8:25 | 7 | 19:16 | 75 | 22:45 |
| Oehrenfeld | 3.40 | 19:43 | 5:47 | 5 | 5:04 | 52 | 6:51 | 9.90 | 1:14:27 | 7:31 | 7 | 24:20 | 71 | 29:09 |
| Ilsestein | 4.80 | 41:54 | 8:43 | 7 | 13:03 | 69 | 17:41 | 14.70 | 1:56:21 | 7:54 | 7 | 37:23 | 69 | 46:50 |
| Plessenburg | 2.30 | 22:08 | 9:37 | 7 | 8:20 | 73 | 10:33 | 17.00 | 2:18:29 | 8:08 | 7 | 45:43 | 70 | 57:23 |
| Oehrenfeld | 3.40 | 20:44 | 6:05 | 5 | 5:01 | 54 | 7:22 | 20.40 | 2:39:13 | 7:48 | 7 | 50:44 | 68 | 1:04:45 |
| Ilseburg/Markt | 4.50 | 31:23 | 6:58 | 5 | 7:43 | 55 | 11:55 | 24.90 | 3:10:36 | 7:39 | 7 | 58:27 | 67 | 1:16:40 |