



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	Stage score				Total ranking						
				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