



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Franziska Kranich

Number: 1

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 1:53:56

Speed: 12.64 km/h
Running performance: 4:34 min/km

Rank in course/Total: 17 (of 433)

Rank in course/Women: 1 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 20)

Best time in the category: 1:53:56

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	20:40	5:02	1	-	1	-	4.10	20:40	5:02	1	-	1	-
Plessenburg	2.40	11:19	4:42	1	-	1	-	6.50	31:59	4:55	1	-	1	-
Oehrenfeld	3.40	13:19	3:54	1	-	2	0:27	9.90	45:18	4:34	1	-	1	-
Ilsestein	4.80	24:13	5:02	1	-	1	-	14.70	1:09:31	4:43	1	-	1	-
Plessenburg	2.30	11:35	5:02	1	-	1	-	17.00	1:21:06	4:46	1	-	1	-
Oehrenfeld	3.40	13:22	3:55	1	-	1	-	20.40	1:34:28	4:37	1	-	1	-
Ilseburg/Markt	4.50	19:28	4:19	1	-	1	-	24.90	1:53:56	4:34	1	-	1	-