



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nadja Koch

Number: 547

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 1:58:42

Speed: 12.13 km/h

Running performance: 4:46 min/km

Rank in course/Total: 26 (of 433)

Rank in course/Women: 2 (of 82)

Best time in course: 1:53:56

Rank in category: 2(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	21:00	5:07	2	0:20	3	0:20	4.10	21:00	5:07	2	0:20	3	0:20
Plessenburg	2.40	11:32	4:48	2	0:13	2	0:13	6.50	32:32	5:00	2	0:33	2	0:33
Oehrenfeld	3.40	13:26	3:57	2	0:07	3	0:34	9.90	45:58	4:38	2	0:40	3	0:40
Ilsestein	4.80	25:11	5:14	2	0:58	2	0:58	14.70	1:11:09	4:50	2	1:38	2	1:38
Plessenburg	2.30	12:12	5:18	2	0:37	2	0:37	17.00	1:23:21	4:54	2	2:15	2	2:15
Oehrenfeld	3.40	14:16	4:11	2	0:54	4	0:54	20.40	1:37:37	4:47	2	3:09	2	3:09
Ilseburg/Markt	4.50	21:05	4:41	2	1:37	3	1:37	24.90	1:58:42	4:46	2	4:46	2	4:46