



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Désirée Strobach

Club: Harz-Gebirgslauf Wernigerode
Number: 432

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 2:17:15

Speed: 10.49 km/h
Running performance: 5:30 min/km

Rank in course/Total: 97 (of 433)

Rank in course/Women: 12 (of 82)

Best time in course: 1:53:56

Rank in category: 4(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	26:33	6:28	4	5:53	13	5:53	4.10	26:33	6:28	4	5:53	13	5:53
Plessenburg	2.40	13:14	5:30	4	1:55	12	1:55	6.50	39:47	6:07	4	7:48	13	7:48
Oehrenfeld	3.40	16:00	4:42	5	2:41	13	3:08	9.90	55:47	5:38	4	10:29	13	10:29
Ilsestein	4.80	28:53	6:01	4	4:40	12	4:40	14.70	1:24:40	5:45	4	15:09	12	15:09
Plessenburg	2.30	14:03	6:06	4	2:28	11	2:28	17.00	1:38:43	5:48	4	17:37	12	17:37
Oehrenfeld	3.40	15:24	4:31	4	2:02	11	2:02	20.40	1:54:07	5:35	4	19:39	12	19:39
Ilseburg/Markt	4.50	23:08	5:08	4	3:40	9	3:40	24.90	2:17:15	5:30	4	23:19	12	23:19