



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Doreen Kraska

Number: 248

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 2:27:58

Speed: 9.73 km/h

Running performance: 5:56 min/km

Rank in course/Total: 158 (of 433)

Rank in course/Women: 16 (of 82)

Best time in course: 1:53:56

Rank in category: 5(of 20)

Best time in the category: 1:53:56

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	27:08	6:37	5	6:28	17	6:28	4.10	27:08	6:37	5	6:28	17	6:28
Plessenburg	2.40	15:07	6:17	7	3:48	20	3:48	6.50	42:15	6:30	6	10:16	17	10:16
Oehrenfeld	3.40	15:57	4:41	4	2:38	12	3:05	9.90	58:12	5:52	5	12:54	15	12:54
Ilsestein	4.80	32:11	6:42	6	7:58	19	7:58	14.70	1:30:23	6:08	5	20:52	16	20:52
Plessenburg	2.30	15:48	6:52	5	4:13	14	4:13	17.00	1:46:11	6:14	5	25:05	16	25:05
Oehrenfeld	3.40	16:14	4:46	5	2:52	15	2:52	20.40	2:02:25	6:00	5	27:57	16	27:57
Ilseburg/Markt	4.50	25:33	5:40	6	6:05	15	6:05	24.90	2:27:58	5:56	5	34:02	16	34:02