



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frederike Hartmann

Number: 528

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 2:32:35

Speed: 9.44 km/h
Running performance: 6:07 min/km

Rank in course/Total: 190 (of 433)

Rank in course/Women: 20 (of 82)

Best time in course: 1:53:56

Rank in category: 6(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 | 27:47 | 6:46 | 8 | 7:07 | 24 | 7:07 | 4.10 | 27:47 | 6:46 | 8 | 7:07 | 24 | 7:07 |
| Plessenburg | 2.40 | 14:23 | 5:59 | 5 | 3:04 | 15 | 3:04 | 6.50 | 42:10 | 6:29 | 5 | 10:11 | 16 | 10:11 |
| Oehrenfeld | 3.40 | 17:16 | 5:04 | 7 | 3:57 | 24 | 4:24 | 9.90 | 59:26 | 6:00 | 7 | 14:08 | 21 | 14:08 |
| Ilsestein | 4.80 | 32:06 | 6:41 | 5 | 7:53 | 18 | 7:53 | 14.70 | 1:31:32 | 6:13 | 6 | 22:01 | 19 | 22:01 |
| Plessenburg | 2.30 | 16:22 | 7:06 | 6 | 4:47 | 19 | 4:47 | 17.00 | 1:47:54 | 6:20 | 6 | 26:48 | 19 | 26:48 |
| Oehrenfeld | 3.40 | 17:49 | 5:14 | 7 | 4:27 | 23 | 4:27 | 20.40 | 2:05:43 | 6:09 | 6 | 31:15 | 20 | 31:15 |
| Ilseburg/Markt | 4.50 | 26:52 | 5:58 | 8 | 7:24 | 26 | 7:24 | 24.90 | 2:32:35 | 6:07 | 6 | 38:39 | 20 | 38:39 |