



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	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