



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nadja Schäfer-Schander

Number: 364

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 2:34:14

Speed: 9.34 km/h
Running performance: 6:11 min/km

Rank in course/Total: 207 (of 433)

Rank in course/Women: 21 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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	27:17	6:39	6	6:37	19	6:37	4.10	27:17	6:39	6	6:37	19	6:37
Plessenburg	2.40	15:03	6:16	6	3:44	19	3:44	6.50	42:20	6:30	7	10:21	18	10:21
Oehrenfeld	3.40	16:05	4:43	6	2:46	15	3:13	9.90	58:25	5:54	6	13:07	17	13:07
Ilsestein	4.80	34:27	7:10	8	10:14	26	10:14	14.70	1:32:52	6:19	7	23:21	21	23:21
Plessenburg	2.30	17:26	7:34	10	5:51	31	5:51	17.00	1:50:18	6:29	7	29:12	21	29:12
Oehrenfeld	3.40	17:09	5:02	6	3:47	20	3:47	20.40	2:07:27	6:14	7	32:59	21	32:59
Ilseburg/Markt	4.50	26:47	5:57	7	7:19	24	7:19	24.90	2:34:14	6:11	7	40:18	21	40:18