



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nancy Dickehut

Number: 4

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 2:40:12

Speed: 8.99 km/h
Running performance: 6:26 min/km

Rank in course/Total: 236 (of 433)

Rank in course/Women: 25 (of 82)

Best time in course: 1:53:56

Rank in category: 8(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	29:33	7:12	9	8:53	35	8:53	4.10	29:33	7:12	9	8:53	35	8:53
Plessenburg	2.40	16:18	6:47	8	4:59	33	4:59	6.50	45:51	7:03	9	13:52	35	13:52
Oehrenfeld	3.40	17:43	5:12	9	4:24	31	4:51	9.90	1:03:34	6:25	9	18:16	33	18:16
Ilsestein	4.80	33:59	7:04	7	9:46	25	9:46	14.70	1:37:33	6:38	8	28:02	27	28:02
Plessenburg	2.30	17:21	7:32	9	5:46	28	5:46	17.00	1:54:54	6:45	9	33:48	28	33:48
Oehrenfeld	3.40	18:21	5:23	9	4:59	31	4:59	20.40	2:13:15	6:31	9	38:47	28	38:47
Ilseburg/Markt	4.50	26:57	5:59	9	7:29	28	7:29	24.90	2:40:12	6:26	8	46:16	25	46:16