



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sandra Goldberg

Number: 152

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W40 (40-44) B

Total time: 2:50:32

Speed: 8.44 km/h

Running performance: 6:50 min/km

Rank in course/Total: 302 (of 433)

Rank in course/Women: 41 (of 82)

Best time in course: 1:53:56

Rank in category: 11(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	33:57	8:16	16	13:17	69	13:17	4.10	33:57	8:16	16	13:17	69	13:17
Plessenburg	2.40	17:53	7:27	14	6:34	57	6:34	6.50	51:50	7:58	15	19:51	65	19:51
Oehrenfeld	3.40	18:52	5:32	10	5:33	38	6:00	9.90	1:10:42	7:08	14	25:24	63	25:24
Ilsestein	4.80	40:32	8:26	15	16:19	63	16:19	14.70	1:51:14	7:34	14	41:43	64	41:43
Plessenburg	2.30	16:59	7:23	7	5:24	23	5:24	17.00	2:08:13	7:32	13	47:07	54	47:07
Oehrenfeld	3.40	18:38	5:28	10	5:16	35	5:16	20.40	2:26:51	7:11	12	52:23	51	52:23
Ilseburg/Markt	4.50	23:41	5:15	5	4:13	13	4:13	24.90	2:50:32	6:50	11	56:36	41	56:36