



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Carolin Mork

Number: 310

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W40 (40-44) B

Total time: 2:55:29

Speed: 8.21 km/h  
Running performance: 7:02 min/km

Rank in course/Total: 325 (of 433)

Rank in course/Women: 48 (of 82)

Best time in course: 1:53:56

Rank in category: 12(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	29:54	7:17	10	9:14	37	9:14	4.10	29:54	7:17	10	9:14	37	9:14
Plessenburg	2.40	17:12	7:10	12	5:53	49	5:53	6.50	47:06	7:14	10	15:07	39	15:07
Oehrenfeld	3.40	19:38	5:46	12	6:19	50	6:46	9.90	1:06:44	6:44	10	21:26	41	21:26
Ilsestein	4.80	38:11	7:57	11	13:58	50	13:58	14.70	1:44:55	7:08	11	35:24	43	35:24
Plessenburg	2.30	18:27	8:01	12	6:52	46	6:52	17.00	2:03:22	7:15	11	42:16	45	42:16
Oehrenfeld	3.40	22:06	6:30	15	8:44	65	8:44	20.40	2:25:28	7:07	11	51:00	47	51:00
Ilseburg/Markt	4.50	30:01	6:40	12	10:33	49	10:33	24.90	2:55:29	7:02	12	1:01:33	48	1:01:33