



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Anika Trepesch

Number: 454

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 3:00:09

Speed: 7.99 km/h

Running performance: 7:14 min/km

Rank in course/Total: 342 (of 433)

Rank in course/Women: 55 (of 82)

Best time in course: 1:53:56

Rank in category: 13(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	31:07	7:35	13	10:27	47	10:27	4.10	31:07	7:35	13	10:27	47	10:27
Plessenburg	2.40	16:44	6:58	9	5:25	37	5:25	6.50	47:51	7:21	12	15:52	42	15:52
Oehrenfeld	3.40	19:53	5:50	14	6:34	56	7:01	9.90	1:07:44	6:50	12	22:26	45	22:26
Ilsestein	4.80	39:51	8:18	14	15:38	60	15:38	14.70	1:47:35	7:19	13	38:04	51	38:04
Plessenburg	2.30	20:42	9:00	14	9:07	63	9:07	17.00	2:08:17	7:32	14	47:11	55	47:11
Oehrenfeld	3.40	20:42	6:05	13	7:20	53	7:20	20.40	2:28:59	7:18	14	54:31	55	54:31
Ilseburg/Markt	4.50	31:10	6:55	13	11:42	54	11:42	24.90	3:00:09	7:14	13	1:06:13	55	1:06:13