



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Annika Grube

Number: 162

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 3:03:07

Speed: 7.86 km/h
Running performance: 7:21 min/km

Rank in course/Total: 354 (of 433)

Rank in course/Women: 60 (of 82)

Best time in course: 1:53:56

Rank in category: 14(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	30:50	7:31	12	10:10	42	10:10	4.10	30:50	7:31	12	10:10	42	10:10
Plessenburg	2.40	17:15	7:11	13	5:56	50	5:56	6.50	48:05	7:23	13	16:06	45	16:06
Oehrenfeld	3.40	20:08	5:55	15	6:49	63	7:16	9.90	1:08:13	6:53	13	22:55	47	22:55
Ilsestein	4.80	38:15	7:58	12	14:02	51	14:02	14.70	1:46:28	7:14	12	36:57	49	36:57
Plessenburg	2.30	19:06	8:18	13	7:31	55	7:31	17.00	2:05:34	7:23	12	44:28	50	44:28
Oehrenfeld	3.40	23:15	6:50	17	9:53	68	9:53	20.40	2:28:49	7:17	13	54:21	54	54:21
Ilseburg/Markt	4.50	34:18	7:37	16	14:50	69	14:50	24.90	3:03:07	7:21	14	1:09:11	60	1:09:11