



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stephanie Ugorets

Number: 461

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 3:08:10

Speed: 7.65 km/h
Running performance: 7:33 min/km

Rank in course/Total: 371 (of 433)

Rank in course/Women: 65 (of 82)

Best time in course: 1:53:56

Rank in category: 15(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	32:48	8:00	15	12:08	62	12:08	4.10	32:48	8:00	15	12:08	62	12:08
Plessenburg	2.40	19:39	8:11	18	8:20	75	8:20	6.50	52:27	8:04	16	20:28	66	20:28
Oehrenfeld	3.40	21:02	6:11	17	7:43	70	8:10	9.90	1:13:29	7:25	17	28:11	69	28:11
Ilsestein	4.80	39:18	8:11	13	15:05	56	15:05	14.70	1:52:47	7:40	15	43:16	66	43:16
Plessenburg	2.30	22:04	9:35	17	10:29	72	10:29	17.00	2:14:51	7:55	15	53:45	65	53:45
Oehrenfeld	3.40	21:08	6:12	14	7:46	57	7:46	20.40	2:35:59	7:38	15	1:01:31	66	1:01:31
Ilseburg/Markt	4.50	32:11	7:09	14	12:43	59	12:43	24.90	3:08:10	7:33	15	1:14:14	65	1:14:14