



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Irina Sinitsyna

Club: Ekosem-Agrar
Number: 412

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 3:10:01

Speed: 7.58 km/h
Running performance: 7:37 min/km

Rank in course/Total: 376 (of 433)

Rank in course/Women: 66 (of 82)

Best time in course: 1:53:56

Rank in category: 16(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	34:59	8:31	17	14:19	73	14:19	4.10	34:59	8:31	17	14:19	73	14:19
Plessenburg	2.40	18:38	7:45	16	7:19	67	7:19	6.50	53:37	8:14	17	21:38	73	21:38
Oehrenfeld	3.40	19:18	5:40	11	5:59	44	6:26	9.90	1:12:55	7:21	16	27:37	67	27:37
Ilsestein	4.80	42:49	8:55	16	18:36	71	18:36	14.70	1:55:44	7:52	17	46:13	68	46:13
Plessenburg	2.30	20:44	9:00	15	9:09	64	9:09	17.00	2:16:28	8:01	16	55:22	66	55:22
Oehrenfeld	3.40	20:14	5:57	12	6:52	49	6:52	20.40	2:36:42	7:40	16	1:02:14	67	1:02:14
Ilseburg/Markt	4.50	33:19	7:24	15	13:51	64	13:51	24.90	3:10:01	7:37	16	1:16:05	66	1:16:05