



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Martina Wadehn

Number: 471

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 3:19:28

Speed: 7.22 km/h
Running performance: 8:00 min/km

Rank in course/Total: 405 (of 433)

Rank in course/Women: 72 (of 82)

Best time in course: 1:53:56

Rank in category: 17(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	32:03	7:49	14	11:23	57	11:23	4.10	32:03	7:49	14	11:23	57	11:23
Plessenburg	2.40	18:27	7:41	15	7:08	64	7:08	6.50	50:30	7:46	14	18:31	60	18:31
Oehrenfeld	3.40	20:16	5:57	16	6:57	65	7:24	9.90	1:10:46	7:08	15	25:28	64	25:28
Ilsestein	4.80	43:26	9:02	17	19:13	72	19:13	14.70	1:54:12	7:46	16	44:41	67	44:41
Plessenburg	2.30	22:22	9:43	20	10:47	77	10:47	17.00	2:16:34	8:01	17	55:28	67	55:28
Oehrenfeld	3.40	24:03	7:04	18	10:41	71	10:41	20.40	2:40:37	7:52	17	1:06:09	70	1:06:09
Ilseburg/Markt	4.50	38:51	8:37	20	19:23	79	19:23	24.90	3:19:28	8:00	17	1:25:32	72	1:25:32