



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Anja Wenzlaff

Club: die Schweinehunde
Number: 482

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W40 (40-44) B

Total time: 3:35:26

Speed: 6.68 km/h
Running performance: 8:39 min/km

Rank in course/Total: 418 (of 433)

Rank in course/Women: 78 (of 82)

Best time in course: 1:53:56

Rank in category: 20(of 20)

Best time in the category: 1:53:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	37:24	9:07	19	16:44	78	16:44	4.10	37:24	9:07	19	16:44	78	16:44
Plessenburg	2.40	21:10	8:49	19	9:51	79	9:51	6.50	58:34	9:00	19	26:35	79	26:35
Oehrenfeld	3.40	22:37	6:39	19	9:18	76	9:45	9.90	1:21:11	8:12	19	35:53	78	35:53
Ilsestein	4.80	49:59	10:24	18	25:46	80	25:46	14.70	2:11:10	8:55	18	1:01:39	78	1:01:39
Plessenburg	2.30	22:10	9:38	18	10:35	74	10:35	17.00	2:33:20	9:01	18	1:12:14	77	1:12:14
Oehrenfeld	3.40	25:14	7:25	19	11:52	75	11:52	20.40	2:58:34	8:45	19	1:24:06	78	1:24:06
Ilseburg/Markt	4.50	36:52	8:11	19	17:24	76	17:24	24.90	3:35:26	8:39	20	1:41:30	78	1:41:30