



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nicole Risse

Number: 355

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W45 (45-49) B

Total time: 2:40:42

Speed: 8.96 km/h
Running performance: 6:27 min/km

Rank in course/Total: 240 (of 433)

Rank in course/Women: 27 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 8)

Best time in the category: 2:40:42

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	28:01	6:50	2	0:57	27	7:21	4.10	28:01	6:50	2	0:57	27	7:21
Plessenburg	2.40	15:29	6:27	1	-	24	4:10	6.50	43:30	6:41	2	0:41	25	11:31
Oehrenfeld	3.40	16:31	4:51	1	-	21	3:39	9.90	1:00:01	6:03	1	-	22	14:43
Ilsestein	4.80	35:15	7:20	2	1:44	28	11:02	14.70	1:35:16	6:28	1	-	24	25:45
Plessenburg	2.30	17:51	7:45	3	0:45	38	6:16	17.00	1:53:07	6:39	1	-	25	32:01
Oehrenfeld	3.40	18:26	5:25	2	0:11	33	5:04	20.40	2:11:33	6:26	1	-	24	37:05
Ilseburg/Markt	4.50	29:09	6:28	3	3:19	44	9:41	24.90	2:40:42	6:27	1	-	27	46:46