



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Verena Schlemeier

Club: Wir auf dem Brocken
Number: 11

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W45 (45-49) B

Total time: 2:43:38

Speed: 8.80 km/h
Running performance: 6:34 min/km

Rank in course/Total: 263 (of 433)

Rank in course/Women: 32 (of 82)

Best time in course: 1:53:56

Rank in category: 2(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	27:04	6:36	1	-	16	6:24	4.10	27:04	6:36	1	-	16	6:24
Plessenburg	2.40	15:45	6:33	2	0:16	25	4:26	6.50	42:49	6:35	1	-	23	10:50
Oehrenfeld	3.40	19:53	5:50	5	3:22	56	7:01	9.90	1:02:42	6:19	3	2:41	31	17:24
Ilsestein	4.80	33:31	6:58	1	-	23	9:18	14.70	1:36:13	6:32	2	0:57	26	26:42
Plessenburg	2.30	17:06	7:26	1	-	25	5:31	17.00	1:53:19	6:39	2	0:12	26	32:13
Oehrenfeld	3.40	21:25	6:17	5	3:10	59	8:03	20.40	2:14:44	6:36	2	3:11	31	40:16
Ilseburg/Markt	4.50	28:54	6:25	2	3:04	42	9:26	24.90	2:43:38	6:34	2	2:56	32	49:42