



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Tina Mai

Club: FUN RUNNERS Benneckenstein  
Number: 287

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W45 (45-49) B

Total time: 2:44:15

Speed: 8.77 km/h  
Running performance: 6:35 min/km

Rank in course/Total: 267 (of 433)

Rank in course/Women: 33 (of 82)

Best time in course: 1:53:56

Rank in category: 3(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	28:58	7:03	3	1:54	32	8:18	4.10	28:58	7:03	3	1:54	32	8:18
Plessenburg	2.40	16:05	6:42	3	0:36	30	4:46	6.50	45:03	6:55	3	2:14	32	13:04
Oehrenfeld	3.40	17:25	5:07	2	0:54	27	4:33	9.90	1:02:28	6:18	2	2:27	29	17:10
Ilsestein	4.80	35:24	7:22	3	1:53	30	11:11	14.70	1:37:52	6:39	3	2:36	29	28:21
Plessenburg	2.30	18:28	8:01	4	1:22	47	6:53	17.00	1:56:20	6:50	3	3:13	32	35:14
Oehrenfeld	3.40	18:31	5:26	3	0:16	34	5:09	20.40	2:14:51	6:36	3	3:18	32	40:23
Ilseburg/Markt	4.50	29:24	6:31	4	3:34	47	9:56	24.90	2:44:15	6:35	3	3:33	33	50:19