



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ramona Gottschald

Club: MeinLieblingsteam
Number: 154

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W45 (45-49) B

Total time: 3:02:48

Speed: 7.88 km/h
Running performance: 7:20 min/km

Rank in course/Total: 349 (of 433)

Rank in course/Women: 59 (of 82)

Best time in course: 1:53:56

Rank in category: 6(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	32:17	7:52	5	5:13	59	11:37	4.10	32:17	7:52	5	5:13	59	11:37
Plessenburg	2.40	17:58	7:29	6	2:29	60	6:39	6.50	50:15	7:43	5	7:26	58	18:16
Oehrenfeld	3.40	19:44	5:48	4	3:13	53	6:52	9.90	1:09:59	7:04	6	9:58	60	24:41
Ilsestein	4.80	39:18	8:11	5	5:47	56	15:05	14.70	1:49:17	7:26	6	14:01	59	39:46
Plessenburg	2.30	19:07	8:18	5	2:01	56	7:32	17.00	2:08:24	7:33	5	15:17	57	47:18
Oehrenfeld	3.40	20:36	6:03	4	2:21	51	7:14	20.40	2:29:00	7:18	5	17:27	56	54:32
Ilseburg/Markt	4.50	33:48	7:30	6	7:58	66	14:20	24.90	3:02:48	7:20	6	22:06	59	1:08:52