



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sandra Grambart

Number: 156

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W45 (45-49) B

Total time: 3:21:43

Speed: 7.14 km/h  
Running performance: 8:06 min/km

Rank in course/Total: 409 (of 433)

Rank in course/Women: 73 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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	34:17	8:21	8	7:13	70	13:37	4.10	34:17	8:21	8	7:13	70	13:37
Plessenburg	2.40	19:12	8:00	7	3:43	70	7:53	6.50	53:29	8:13	8	10:40	72	21:30
Oehrenfeld	3.40	20:53	6:08	6	4:22	68	8:01	9.90	1:14:22	7:30	7	14:21	70	29:04
Ilsestein	4.80	44:09	9:11	7	10:38	73	19:56	14.70	1:58:31	8:03	7	23:15	73	49:00
Plessenburg	2.30	21:16	9:14	7	4:10	67	9:41	17.00	2:19:47	8:13	7	26:40	72	58:41
Oehrenfeld	3.40	24:03	7:04	7	5:48	71	10:41	20.40	2:43:50	8:01	7	32:17	73	1:09:22
Ilseburg/Markt	4.50	37:53	8:25	8	12:03	77	18:25	24.90	3:21:43	8:06	7	41:01	73	1:27:47