



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Silke Greite

Number: 158

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W50 (50-54) B

Total time: 2:37:27

Speed: 9.15 km/h
Running performance: 6:19 min/km

Rank in course/Total: 221 (of 433)

Rank in course/Women: 22 (of 82)

Best time in course: 1:53:56

Rank in category: 3(of 10)

Best time in the category: 2:08:58

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	27:53	6:48	3	4:54	26	7:13	4.10	27:53	6:48	3	4:54	26	7:13
Plessenburg	2.40	15:46	6:34	3	3:08	26	4:27	6.50	43:39	6:42	3	8:02	26	11:40
Oehrenfeld	3.40	18:02	5:18	5	3:45	34	5:10	9.90	1:01:41	6:13	4	11:47	25	16:23
Ilsestein	4.80	33:34	6:59	3	5:45	24	9:21	14.70	1:35:15	6:28	3	16:41	23	25:44
Plessenburg	2.30	17:22	7:33	3	3:54	30	5:47	17.00	1:52:37	6:37	3	20:17	24	31:31
Oehrenfeld	3.40	18:14	5:21	5	3:54	29	4:52	20.40	2:10:51	6:24	3	24:11	23	36:23
Ilseburg/Markt	4.50	26:36	5:54	3	4:18	21	7:08	24.90	2:37:27	6:19	3	28:29	22	43:31