



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Svetlana Simonis

Club: Ekosem-Agrar  
Number: 411

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W50 (50-54) B

Total time: 2:42:40

Speed: 8.85 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 255 (of 433)

Rank in course/Women: 31 (of 82)

Best time in course: 1:53:56

Rank in category: 4(of 10)

Best time in the category: 2:08:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	28:11	6:52	4	5:12	29	7:31	4.10	28:11	6:52	4	5:12	29	7:31
Plessenburg	2.40	15:58	6:39	4	3:20	28	4:39	6.50	44:09	6:47	4	8:32	28	12:10
Oehrenfeld	3.40	17:24	5:07	3	3:07	26	4:32	9.90	1:01:33	6:13	3	11:39	24	16:15
Ilsestein	4.80	36:41	7:38	4	8:52	38	12:28	14.70	1:38:14	6:40	4	19:40	31	28:43
Plessenburg	2.30	17:49	7:44	4	4:21	37	6:14	17.00	1:56:03	6:49	4	23:43	31	34:57
Oehrenfeld	3.40	18:02	5:18	4	3:42	26	4:40	20.40	2:14:05	6:34	4	27:25	29	39:37
Ilseburg/Markt	4.50	28:35	6:21	5	6:17	37	9:07	24.90	2:42:40	6:31	4	33:42	31	48:44