



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Melanie Tirkot

Number: 452

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W50 (50-54) B

Total time: 2:49:58

Speed: 8.47 km/h
Running performance: 6:49 min/km

Rank in course/Total: 299 (of 433)

Rank in course/Women: 40 (of 82)

Best time in course: 1:53:56

Rank in category: 5(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	33:37	8:11	8	10:38	67	12:57	4.10	33:37	8:11	8	10:38	67	12:57
Plessenburg	2.40	17:03	7:06	6	4:25	42	5:44	6.50	50:40	7:47	7	15:03	61	18:41
Oehrenfeld	3.40	17:51	5:15	4	3:34	33	4:59	9.90	1:08:31	6:55	5	18:37	50	23:13
Ilsestein	4.80	36:55	7:41	5	9:06	43	12:42	14.70	1:45:26	7:10	5	26:52	46	35:55
Plessenburg	2.30	18:01	7:50	5	4:33	40	6:26	17.00	2:03:27	7:15	5	31:07	46	42:21
Oehrenfeld	3.40	17:38	5:11	3	3:18	22	4:16	20.40	2:21:05	6:54	5	34:25	40	46:37
Ilseburg/Markt	4.50	28:53	6:25	6	6:35	40	9:25	24.90	2:49:58	6:49	5	41:00	40	56:02