



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nicole Schaub

Number: 366

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W50 (50-54) B

Total time: 2:53:08

Speed: 8.32 km/h

Running performance: 6:57 min/km

Rank in course/Total: 317 (of 433)

Rank in course/Women: 46 (of 82)

Best time in course: 1:53:56

Rank in category: 6(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	31:55	7:47	6	8:56	55	11:15	4.10	31:55	7:47	6	8:56	55	11:15
Plessenburg	2.40	16:59	7:04	5	4:21	41	5:40	6.50	48:54	7:31	5	13:17	50	16:55
Oehrenfeld	3.40	20:06	5:54	8	5:49	62	7:14	9.90	1:09:00	6:58	6	19:06	54	23:42
Ilsestein	4.80	38:06	7:56	6	10:17	48	13:53	14.70	1:47:06	7:17	6	28:32	50	37:35
Plessenburg	2.30	18:35	8:04	6	5:07	49	7:00	17.00	2:05:41	7:23	6	33:21	51	44:35
Oehrenfeld	3.40	19:48	5:49	6	5:28	43	6:26	20.40	2:25:29	7:07	6	38:49	48	51:01
Ilseburg/Markt	4.50	27:39	6:08	4	5:21	32	8:11	24.90	2:53:08	6:57	6	44:10	46	59:12