



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Mandy Kresin

Number: 256

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W50 (50-54) B

Total time: 3:04:56

Speed: 7.79 km/h

Running performance: 7:25 min/km

Rank in course/Total: 358 (of 433)

Rank in course/Women: 62 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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	31:09	7:35	5	8:10	48	10:29	4.10	31:09	7:35	5	8:10	48	10:29
Plessenburg	2.40	18:05	7:32	7	5:27	61	6:46	6.50	49:14	7:34	6	13:37	54	17:15
Oehrenfeld	3.40	20:04	5:54	7	5:47	61	7:12	9.90	1:09:18	6:59	7	19:24	55	24:00
Ilsestein	4.80	40:58	8:32	7	13:09	65	16:45	14.70	1:50:16	7:30	7	31:42	61	40:45
Plessenburg	2.30	20:02	8:42	7	6:34	59	8:27	17.00	2:10:18	7:39	7	37:58	63	49:12
Oehrenfeld	3.40	22:17	6:33	9	7:57	66	8:55	20.40	2:32:35	7:28	7	45:55	64	58:07
Ilseburg/Markt	4.50	32:21	7:11	8	10:03	60	12:53	24.90	3:04:56	7:25	7	55:58	62	1:11:00