



53. Brockenlauf Ilseburg / 07.09.2024

Detailed evaluation

Katrin Zitzmann

Number: 519

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W50 (50-54) B

Total time: 3:18:30

Speed: 7.25 km/h
Running performance: 7:58 min/km

Rank in course/Total: 403 (of 433)

Rank in course/Women: 71 (of 82)

Best time in course: 1:53:56

Rank in category: 10(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	34:33	8:25	10	11:34	72	13:53	4.10	34:33	8:25	10	11:34	72	13:53
Plessenburg	2.40	19:15	8:01	9	6:37	72	7:56	6.50	53:48	8:16	10	18:11	74	21:49
Oehrenfeld	3.40	19:20	5:41	6	5:03	45	6:28	9.90	1:13:08	7:23	8	23:14	68	27:50
Ilsestein	4.80	46:43	9:43	10	18:54	77	22:30	14.70	1:59:51	8:09	10	41:17	74	50:20
Plessenburg	2.30	22:12	9:39	10	8:44	76	10:37	17.00	2:22:03	8:21	10	49:43	73	1:00:57
Oehrenfeld	3.40	21:36	6:21	7	7:16	61	8:14	20.40	2:43:39	8:01	9	56:59	72	1:09:11
Ilseburg/Markt	4.50	34:51	7:44	10	12:33	70	15:23	24.90	3:18:30	7:58	10	1:09:32	71	1:24:34