



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ilona Heim

Number: 179

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W55 (55-59) B

Total time: 2:44:16

Speed: 8.77 km/h

Running performance: 6:35 min/km

Rank in course/Total: 268 (of 433)

Rank in course/Women: 34 (of 82)

Best time in course: 1:53:56

Rank in category: 2(of 11)

Best time in the category: 2:12:44

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	31:35	7:42	8	8:27	52	10:55	4.10	31:35	7:42	8	8:27	52	10:55
Plessenburg	2.40	16:22	6:49	4	3:20	34	5:03	6.50	47:57	7:22	6	11:47	43	15:58
Oehrenfeld	3.40	17:41	5:12	3	2:31	30	4:49	9.90	1:05:38	6:37	4	14:18	39	20:20
Ilsestein	4.80	36:23	7:34	3	7:58	36	12:10	14.70	1:42:01	6:56	4	22:16	37	32:30
Plessenburg	2.30	16:55	7:21	2	2:01	22	5:20	17.00	1:58:56	6:59	4	24:17	36	37:50
Oehrenfeld	3.40	17:57	5:16	2	2:58	25	4:35	20.40	2:16:53	6:42	3	27:15	35	42:25
Ilseburg/Markt	4.50	27:23	6:05	3	4:17	30	7:55	24.90	2:44:16	6:35	2	31:32	34	50:20