



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ines Schnapke

Number: 862

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W55 (55-59) B

Total time: 2:52:08

Speed: 8.37 km/h

Running performance: 6:54 min/km

Rank in course/Total: 310 (of 433)

Rank in course/Women: 44 (of 82)

Best time in course: 1:53:56

Rank in category: 5(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	30:03	7:19	4	6:55	38	9:23	4.10	30:03	7:19	4	6:55	38	9:23
Plessenburg	2.40	16:58	7:04	6	3:56	40	5:39	6.50	47:01	7:14	4	10:51	38	15:02
Oehrenfeld	3.40	19:17	5:40	6	4:07	42	6:25	9.90	1:06:18	6:41	5	14:58	40	21:00
Ilsestein	4.80	36:32	7:36	4	8:07	37	12:19	14.70	1:42:50	6:59	5	23:05	39	33:19
Plessenburg	2.30	18:12	7:54	6	3:18	42	6:37	17.00	2:01:02	7:07	5	26:23	39	39:56
Oehrenfeld	3.40	19:57	5:52	7	4:58	47	6:35	20.40	2:20:59	6:54	5	31:21	38	46:31
Ilseburg/Markt	4.50	31:09	6:55	8	8:03	53	11:41	24.90	2:52:08	6:54	5	39:24	44	58:12