



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Annett Fiedler

Club: Iltisse
Number: 119

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W55 (55-59) B

Total time: 2:59:33

Speed: 8.02 km/h
Running performance: 7:12 min/km

Rank in course/Total: 341 (of 433)

Rank in course/Women: 54 (of 82)

Best time in course: 1:53:56

Rank in category: 7(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	30:05	7:20	5	6:57	39	9:25	4.10	30:05	7:20	5	6:57	39	9:25
Plessenburg	2.40	17:55	7:27	9	4:53	58	6:36	6.50	48:00	7:23	7	11:50	44	16:01
Oehrenfeld	3.40	21:32	6:20	10	6:22	71	8:40	9.90	1:09:32	7:01	8	18:12	57	24:14
Ilsestein	4.80	38:43	8:03	7	10:18	53	14:30	14.70	1:48:15	7:21	7	28:30	56	38:44
Plessenburg	2.30	20:08	8:45	9	5:14	60	8:33	17.00	2:08:23	7:33	7	33:44	56	47:17
Oehrenfeld	3.40	20:41	6:05	8	5:42	52	7:19	20.40	2:29:04	7:18	8	39:26	57	54:36
Ilseburg/Markt	4.50	30:29	6:46	5	7:23	50	11:01	24.90	2:59:33	7:12	7	46:49	54	1:05:37