



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Susanne Sperling

Number: 415

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W55 (55-59) B

Total time: 3:01:40

Speed: 7.93 km/h

Running performance: 7:17 min/km

Rank in course/Total: 346 (of 433)

Rank in course/Women: 57 (of 82)

Best time in course: 1:53:56

Rank in category: 8(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	33:34	8:11	9	10:26	66	12:54	4.10	33:34	8:11	9	10:26	66	12:54
Plessenburg	2.40	17:36	7:20	8	4:34	54	6:17	6.50	51:10	7:52	9	15:00	63	19:11
Oehrenfeld	3.40	20:43	6:05	9	5:33	66	7:51	9.90	1:11:53	7:15	9	20:33	65	26:35
Ilsestein	4.80	39:11	8:09	8	10:46	55	14:58	14.70	1:51:04	7:33	9	31:19	63	41:33
Plessenburg	2.30	19:01	8:16	7	4:07	54	7:26	17.00	2:10:05	7:39	8	35:26	61	48:59
Oehrenfeld	3.40	20:49	6:07	9	5:50	55	7:27	20.40	2:30:54	7:23	9	41:16	62	56:26
Ilseburg/Markt	4.50	30:46	6:50	6	7:40	51	11:18	24.90	3:01:40	7:17	8	48:56	57	1:07:44