



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Michaela Witt

Club: Team Teichteufel
Number: 494

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W55 (55-59) B

Total time: 3:42:25

Speed: 6.47 km/h
Running performance: 8:55 min/km

Rank in course/Total: 420 (of 433)

Rank in course/Women: 79 (of 82)

Best time in course: 1:53:56

Rank in category: 10(of 11)

Best time in the category: 2:12:44

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	38:03	9:16	11	14:55	80	17:23	4.10	38:03	9:16	11	14:55	80	17:23
Plessenburg	2.40	21:24	8:54	11	8:22	81	10:05	6.50	59:27	9:08	11	23:17	81	27:28
Oehrenfeld	3.40	21:53	6:26	11	6:43	73	9:01	9.90	1:21:20	8:12	11	30:00	80	36:02
Ilsestein	4.80	47:06	9:48	11	18:41	78	22:53	14.70	2:08:26	8:44	11	48:41	77	58:55
Plessenburg	2.30	23:57	10:24	10	9:03	80	12:22	17.00	2:32:23	8:57	10	57:44	76	1:11:17
Oehrenfeld	3.40	29:03	8:32	10	14:04	80	15:41	20.40	3:01:26	8:53	11	1:11:48	80	1:26:58
Ilseburg/Markt	4.50	40:59	9:06	10	17:53	81	21:31	24.90	3:42:25	8:55	10	1:29:41	79	1:48:29