



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Cornelia Wojciechowski

Number: 500

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W60 (60-64) B

Total time: 3:04:25

Speed: 7.81 km/h
Running performance: 7:24 min/km

Rank in course/Total: 357 (of 433)

Rank in course/Women: 61 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 1)

Best time in the category: 3:04:25

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	32:21	7:53	1	-	60	11:41	4.10	32:21	7:53	1	-	60	11:41
Plessenburg	2.40	17:39	7:21	1	-	55	6:20	6.50	50:00	7:41	1	-	57	18:01
Oehrenfeld	3.40	19:36	5:45	1	-	49	6:44	9.90	1:09:36	7:01	1	-	58	24:18
Ilsestein	4.80	38:34	8:02	1	-	52	14:21	14.70	1:48:10	7:21	1	-	54	38:39
Plessenburg	2.30	19:40	8:33	1	-	57	8:05	17.00	2:07:50	7:31	1	-	53	46:44
Oehrenfeld	3.40	21:16	6:15	1	-	58	7:54	20.40	2:29:06	7:18	1	-	58	54:38
Ilseburg/Markt	4.50	35:19	7:50	1	-	73	15:51	24.90	3:04:25	7:24	1	-	61	1:10:29