



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Irene Dittmann

Number: 90

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W65 (65-69) B

Total time: 2:37:44

Speed: 9.13 km/h
Running performance: 6:20 min/km

Rank in course/Total: 222 (of 433)

Rank in course/Women: 23 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 2)

Best time in the category: 2:37:44

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	28:08	6:51	1	-	28	7:28	4.10	28:08	6:51	1	-	28	7:28
Plessenburg	2.40	14:58	6:14	1	-	17	3:39	6.50	43:06	6:37	1	-	24	11:07
Oehrenfeld	3.40	19:17	5:40	2	1:42	42	6:25	9.90	1:02:23	6:18	1	-	28	17:05
Ilsestein	4.80	33:08	6:54	1	-	21	8:55	14.70	1:35:31	6:29	1	-	25	26:00
Plessenburg	2.30	15:53	6:54	1	-	15	4:18	17.00	1:51:24	6:33	1	-	22	30:18
Oehrenfeld	3.40	19:08	5:37	2	0:46	36	5:46	20.40	2:10:32	6:23	1	-	22	36:04
Ilseburg/Markt	4.50	27:12	6:02	1	-	29	7:44	24.90	2:37:44	6:20	1	-	23	43:48