



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Ulrike Held

Number: 181

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W65 (65-69) B

Total time: 2:41:54

Speed: 8.89 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 249 (of 433)

Rank in course/Women: 28 (of 82)

Best time in course: 1:53:56

Rank in category: 2(of 2)

Best time in the category: 2:37:44

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	29:12	7:07	2	1:04	33	8:32	4.10	29:12	7:07	2	1:04	33	8:32
Plessenburg	2.40	16:28	6:51	2	1:30	36	5:09	6.50	45:40	7:01	2	2:34	34	13:41
Oehrenfeld	3.40	17:35	5:10	1	-	28	4:43	9.90	1:03:15	6:23	2	0:52	32	17:57
Ilsestein	4.80	35:17	7:21	2	2:09	29	11:04	14.70	1:38:32	6:42	2	3:01	32	29:01
Plessenburg	2.30	17:27	7:35	2	1:34	32	5:52	17.00	1:55:59	6:49	2	4:35	30	34:53
Oehrenfeld	3.40	18:22	5:24	1	-	32	5:00	20.40	2:14:21	6:35	2	3:49	30	39:53
Ilseburg/Markt	4.50	27:33	6:07	2	0:21	31	8:05	24.90	2:41:54	6:30	2	4:10	28	47:58