



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Irmgard Eggert

Number: 101

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W70 (70-74) B

Total time: 2:56:48

Speed: 8.14 km/h

Running performance: 7:06 min/km

Rank in course/Total: 328 (of 433)

Rank in course/Women: 50 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 2)

Best time in the category: 2:56:48

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	33:05	8:04	1	-	64	12:25	4.10	33:05	8:04	1	-	64	12:25
Plessenburg	2.40	18:22	7:39	1	-	63	7:03	6.50	51:27	7:54	1	-	64	19:28
Oehrenfeld	3.40	18:51	5:32	1	-	37	5:59	9.90	1:10:18	7:06	1	-	61	25:00
Ilsestein	4.80	40:15	8:23	1	-	62	16:02	14.70	1:50:33	7:31	1	-	62	41:02
Plessenburg	2.30	18:48	8:10	1	-	52	7:13	17.00	2:09:21	7:36	1	-	60	48:15
Oehrenfeld	3.40	18:08	5:19	1	-	27	4:46	20.40	2:27:29	7:13	1	-	53	53:01
Ilseburg/Markt	4.50	29:19	6:30	1	-	46	9:51	24.90	2:56:48	7:06	1	-	50	1:02:52