



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Inka Grünebast

Number: 812

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Frauen

Total time: 3:24:20

Speed: 7.05 km/h  
Running performance: 8:12 min/km

Rank in course/Total: 3 (of 70)  
Rank in course/Women: 2 (of 46)  
Best time in course: 3:23:21

Rank in category: 2(of 46)  
Best time in the category: 3:23:21

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Ilsestein	4.10	37:40	9:11	4	1:49	4	1:49	4.10	37:40	9:11	4	1:49	4	1:49
Plessenburg	2.40	18:59	7:54	1	-	1	-	6.50	56:39	8:42	4	1:40	4	1:40
Oehrenfeld	3.40	24:35	7:13	1	-	1	-	9.90	1:21:14	8:12	3	0:32	3	0:32
Ilsestein	4.80	42:00	8:45	3	0:34	3	0:34	14.70	2:03:14	8:22	3	0:53	3	0:53
Plessenburg	2.30	19:38	8:32	4	0:37	4	0:37	17.00	2:22:52	8:24	3	1:30	3	1:30
Oehrenfeld	3.40	24:52	7:18	3	3:47	3	3:47	20.40	2:47:44	8:13	3	5:09	3	5:09
Ilseburg/Markt	4.50	36:36	8:07	4	2:01	4	2:01	24.90	3:24:20	8:12	2	0:59	2	0:59