



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Anastasia Levina

Club: Ekosem-Agrar
Number: 838

Course: 24.90 km
24,9 km - Wanderung

Category:
Frauen

Total time: 3:42:18

Speed: 6.48 km/h
Running performance: 8:55 min/km

Rank in course/Total: 5 (of 70)
Rank in course/Women: 4 (of 46)
Best time in course: 3:23:21

Rank in category: 4(of 46)
Best time in the category: 3:23:21

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	42:44	10:25	12	6:53	12	6:53	4.10	42:44	10:25	12	6:53	12	6:53
Plessenburg	2.40	22:48	9:30	11	3:49	11	3:49	6.50	1:05:32	10:04	10	10:33	10	10:33
Oehrenfeld	3.40	27:03	7:57	5	2:28	5	2:28	9.90	1:32:35	9:21	7	11:53	7	11:53
Ilsestein	4.80	51:05	10:38	13	9:39	13	9:39	14.70	2:23:40	9:46	8	21:19	8	21:19
Plessenburg	2.30	20:44	9:00	6	1:43	6	1:43	17.00	2:44:24	9:40	8	23:02	8	23:02
Oehrenfeld	3.40	23:19	6:51	2	2:14	2	2:14	20.40	3:07:43	9:12	5	25:08	5	25:08
Ilseburg/Markt	4.50	34:35	7:41	1	-	1	-	24.90	3:42:18	8:55	4	18:57	4	18:57