



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Simone Mänz-Radzey

Number: 842

Course: 24.90 km
24,9 km - Wanderung

Category:
Frauen

Total time: 3:47:33

Speed: 6.33 km/h
Running performance: 9:08 min/km

Rank in course/Total: 8 (of 70)
Rank in course/Women: 5 (of 46)
Best time in course: 3:23:21

Rank in category: 5(of 46)
Best time in the category: 3:23:21

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	39:34	9:39	5	3:43	5	3:43	4.10	39:34	9:39	5	3:43	5	3:43
Plessenburg	2.40	21:42	9:02	5	2:43	5	2:43	6.50	1:01:16	9:25	5	6:17	5	6:17
Oehrenfeld	3.40	28:36	8:24	6	4:01	6	4:01	9.90	1:29:52	9:04	5	9:10	5	9:10
Ilsestein	4.80	49:48	10:22	10	8:22	10	8:22	14.70	2:19:40	9:30	5	17:19	5	17:19
Plessenburg	2.30	21:02	9:08	7	2:01	7	2:01	17.00	2:40:42	9:27	5	19:20	5	19:20
Oehrenfeld	3.40	28:57	8:30	7	7:52	7	7:52	20.40	3:09:39	9:17	6	27:04	6	27:04
Ilseburg/Markt	4.50	37:54	8:25	7	3:19	7	3:19	24.90	3:47:33	9:08	5	24:12	5	24:12