



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Nadine Langer

Number: 837

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Frauen

Total time: 4:46:53

Speed: 5.02 km/h

Running performance: 11:31 min/km

Rank in course/Total: 39 (of 70)

Rank in course/Women: 20 (of 46)

Best time in course: 3:23:21

Rank in category: 20(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	47:38	11:37	20	11:47	20	11:47	4.10	47:38	11:37	20	11:47	20	11:47
Plessenburg	2.40	25:39	10:41	19	6:40	19	6:40	6.50	1:13:17	11:16	19	18:18	19	18:18
Oehrenfeld	3.40	37:25	11:00	20	12:50	20	12:50	9.90	1:50:42	11:10	20	30:00	20	30:00
Ilsestein	4.80	57:49	12:02	27	16:23	27	16:23	14.70	2:48:31	11:27	21	46:10	21	46:10
Plessenburg	2.30	27:05	11:46	22	8:04	22	8:04	17.00	3:15:36	11:30	20	54:14	20	54:14
Oehrenfeld	3.40	40:11	11:49	29	19:06	29	19:06	20.40	3:55:47	11:33	20	1:13:12	20	1:13:12
Ilseburg/Markt	4.50	51:06	11:21	24	16:31	24	16:31	24.90	4:46:53	11:31	20	1:23:32	20	1:23:32