



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Shima Ansary

Number: 791

Course: 24.90 km
24,9 km - Wanderung

Category:
Frauen

Total time: 4:46:56

Speed: 5.02 km/h

Running performance: 11:31 min/km

Rank in course/Total: 43 (of 70)

Rank in course/Women: 22 (of 46)

Best time in course: 3:23:21

Rank in category: 22(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	47:40	11:37	21	11:49	21	11:49	4.10	47:40	11:37	21	11:49	21	11:49
Plessenburg	2.40	26:30	11:02	29	7:31	29	7:31	6.50	1:14:10	11:24	23	19:11	23	19:11
Oehrenfeld	3.40	39:03	11:29	28	14:28	28	14:28	9.90	1:53:13	11:26	24	32:31	24	32:31
Ilsestein	4.80	56:06	11:41	22	14:40	22	14:40	14.70	2:49:19	11:31	24	46:58	24	46:58
Plessenburg	2.30	27:24	11:54	25	8:23	25	8:23	17.00	3:16:43	11:34	23	55:21	23	55:21
Oehrenfeld	3.40	39:39	11:39	26	18:34	26	18:34	20.40	3:56:22	11:35	22	1:13:47	22	1:13:47
Ilseburg/Markt	4.50	50:34	11:14	23	15:59	23	15:59	24.90	4:46:56	11:31	22	1:23:35	22	1:23:35