



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sabrina Twupack

Number: 872

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Frauen

Total time: 4:57:45

Speed: 4.84 km/h

Running performance: 11:57 min/km

Rank in course/Total: 49 (of 70)

Rank in course/Women: 30 (of 46)

Best time in course: 3:23:21

Rank in category: 30(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	51:38	12:35	34	15:47	34	15:47	4.10	51:38	12:35	34	15:47	34	15:47
Plessenburg	2.40	27:43	11:32	31	8:44	31	8:44	6.50	1:19:21	12:12	33	24:22	33	24:22
Oehrenfeld	3.40	38:00	11:10	22	13:25	22	13:25	9.90	1:57:21	11:51	33	36:39	33	36:39
Ilsestein	4.80	59:06	12:18	30	17:40	30	17:40	14.70	2:56:27	12:00	32	54:06	32	54:06
Plessenburg	2.30	27:15	11:50	24	8:14	24	8:14	17.00	3:23:42	11:58	27	1:02:20	27	1:02:20
Oehrenfeld	3.40	40:13	11:49	31	19:08	31	19:08	20.40	4:03:55	11:57	28	1:21:20	28	1:21:20
Ilseburg/Markt	4.50	53:50	11:57	34	19:15	34	19:15	24.90	4:57:45	11:57	30	1:34:24	30	1:34:24