



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Krystina Henschel

Number: 817

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Frauen

Total time: 5:09:51

Speed: 4.65 km/h  
Running performance: 12:26 min/km

Rank in course/Total: 53 (of 70)

Rank in course/Women: 33 (of 46)

Best time in course: 3:23:21

Rank in category: 33(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	59:43	14:33	41	23:52	41	23:52	4.10	59:43	14:33	41	23:52	41	23:52
Plessenburg	2.40	34:58	14:34	41	15:59	41	15:59	6.50	1:34:41	14:33	41	39:42	41	39:42
Oehrenfeld	3.40	45:53	13:29	41	21:18	41	21:18	9.90	2:20:34	14:11	39	59:52	39	59:52
Ilsestein	4.80	59:20	12:21	31	17:54	31	17:54	14.70	3:19:54	13:35	39	1:17:33	39	1:17:33
Plessenburg	2.30	25:52	11:14	16	6:51	16	6:51	17.00	3:45:46	13:16	39	1:24:24	39	1:24:24
Oehrenfeld	3.40	37:19	10:58	23	16:14	23	16:14	20.40	4:23:05	12:53	36	1:40:30	36	1:40:30
Ilseburg/Markt	4.50	46:46	10:23	19	12:11	19	12:11	24.90	5:09:51	12:26	33	1:46:30	33	1:46:30