



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ines Kausch

Number: 824

Course: 24.90 km
24,9 km - Wanderung

Category:
Frauen

Total time: 5:11:23

Speed: 4.62 km/h
Running performance: 12:30 min/km

Rank in course/Total: 56 (of 70)

Rank in course/Women: 35 (of 46)

Best time in course: 3:23:21

Rank in category: 35(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	48:39	11:51	31	12:48	31	12:48	4.10	48:39	11:51	31	12:48	31	12:48
Plessenburg	2.40	29:26	12:15	34	10:27	34	10:27	6.50	1:18:05	12:00	32	23:06	32	23:06
Oehrenfeld	3.40	38:31	11:19	24	13:56	24	13:56	9.90	1:56:36	11:46	32	35:54	32	35:54
Ilsestein	4.80	59:52	12:28	33	18:26	33	18:26	14.70	2:56:28	12:00	33	54:07	33	54:07
Plessenburg	2.30	30:34	13:17	34	11:33	34	11:33	17.00	3:27:02	12:10	30	1:05:40	30	1:05:40
Oehrenfeld	3.40	49:36	14:35	40	28:31	40	28:31	20.40	4:16:38	12:34	34	1:34:03	34	1:34:03
Ilseburg/Markt	4.50	54:45	12:09	35	20:10	35	20:10	24.90	5:11:23	12:30	35	1:48:02	35	1:48:02