



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Elena Sapow

Number: 857

Course: 24.90 km  
24,9 km - Wanderung

Category:  
Frauen

Total time: 5:37:55

Speed: 4.26 km/h

Running performance: 13:34 min/km

Rank in course/Total: 62 (of 70)

Rank in course/Women: 40 (of 46)

Best time in course: 3:23:21

Rank in category: 40(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	34:59	14:34	42	16:00	42	16:00	6.50	1:34:42	14:34	42	39:43	42	39:43
Oehrenfeld	3.40	45:53	13:29	41	21:18	41	21:18	9.90	2:20:35	14:12	40	59:53	40	59:53
Ilsestein	4.80	1:25:24	17:47	46	43:58	46	43:58	14.70	3:45:59	15:22	46	1:43:38	46	1:43:38
Plessenburg	2.30	34:29	14:59	39	15:28	39	15:28	17.00	4:20:28	15:19	44	1:59:06	44	1:59:06
Oehrenfeld	3.40	42:20	12:27	33	21:15	33	21:15	20.40	5:02:48	14:50	42	2:20:13	42	2:20:13
Ilseburg/Markt	4.50	35:07	7:48	2	0:32	2	0:32	24.90	5:37:55	13:34	40	2:14:34	40	2:14:34