



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Mirja Lochau

Club: Trail-Runners Oberharz
Number: 1083

Course: 3.90 km
3,9 km - Lauf

Category:
Seniorinnen W50 (50-54)

Total time: 34:13

Speed: 5.26 km/h
Running performance: 8:46 min/km

Rank in course/Total: 40 (of 44)
Rank in course/Women: 17 (of 21)
Best time in course: 17:03

Rank in category: 3(of 3)
Best time in the category: 23:22

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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
Control	1.90	16:54	8:53	3	5:22	17	8:05	1.90	16:54	8:53	3	5:22	17	8:05
Ilseburg/Markt	2.00	17:19	8:39	3	5:29	20	9:05	3.90	34:13	8:46	3	10:51	17	17:10