



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Lana Lbkerat

Number: 1045

Course: 10.10 km  
10,1 km - Lauf

Category:  
Frauen (20-29) I

Total time: 59:56

Speed: 10.01 km/h

Running performance: 5:56 min/km

Rank in course/Total: 58 (of 178)

Rank in course/Women: 8 (of 61)

Best time in course: 47:20

Rank in category: 1(of 11)

Best time in the category: 59:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	26:43	6:30	1	-	6	5:25	4.10	26:43	6:30	1	-	6	5:25
Control	0.90	6:58	7:44	1	-	11	1:41	5.00	33:41	6:44	1	-	6	7:06
Ilsestein	1.00	6:14	6:14	3	0:23	17	1:32	6.00	39:55	6:39	1	-	8	8:38
Ilseburg/Markt	4.10	20:01	4:52	1	-	10	3:58	10.10	59:56	5:56	1	-	8	12:36