



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Monique Glockzin

Number: 586

Course: 10.10 km
10,1 km - Lauf

Category:
Frauen (20-29) I

Total time: 1:11:22

Speed: 8.41 km/h

Running performance: 7:03 min/km

Rank in course/Total: 117 (of 178)

Rank in course/Women: 30 (of 61)

Best time in course: 47:20

Rank in category: 7(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	32:24	7:54	6	5:41	28	11:06	4.10	32:24	7:54	6	5:41	28	11:06
Control	0.90	8:15	9:09	6	1:17	29	2:58	5.00	40:39	8:07	6	6:58	29	14:04
Ilsestein	1.00	7:15	7:15	7	1:24	32	2:33	6.00	47:54	7:59	6	7:59	29	16:37
Ilseburg/Markt	4.10	23:28	5:43	8	3:27	37	7:25	10.10	1:11:22	7:03	7	11:26	30	24:02