



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Laura Eisebitt

Number: 573

Course: 10.10 km
10,1 km - Lauf

Category:
Frauen (20-29) I

Total time: 1:11:28

Speed: 8.40 km/h

Running performance: 7:04 min/km

Rank in course/Total: 119 (of 178)

Rank in course/Women: 31 (of 61)

Best time in course: 47:20

Rank in category: 8(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	33:10	8:05	8	6:27	33	11:52	4.10	33:10	8:05	8	6:27	33	11:52
Control	0.90	8:31	9:27	8	1:33	34	3:14	5.00	41:41	8:20	8	8:00	33	15:06
Ilsestein	1.00	7:23	7:23	8	1:32	35	2:41	6.00	49:04	8:10	8	9:09	33	17:47
Ilseburg/Markt	4.10	22:24	5:27	7	2:23	29	6:21	10.10	1:11:28	7:04	8	11:32	31	24:08