



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jana Helmbold

Number: 596

Course: 10.10 km
10,1 km - Lauf

Category:
Frauen (20-29) I

Total time: 1:14:15

Speed: 8.08 km/h

Running performance: 7:21 min/km

Rank in course/Total: 135 (of 178)

Rank in course/Women: 38 (of 61)

Best time in course: 47:20

Rank in category: 9(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	32:55	8:01	7	6:12	31	11:37	4.10	32:55	8:01	7	6:12	31	11:37
Control	0.90	8:43	9:41	9	1:45	35	3:26	5.00	41:38	8:19	7	7:57	32	15:03
Ilsestein	1.00	7:54	7:54	10	2:03	44	3:12	6.00	49:32	8:15	9	9:37	35	18:15
Ilseburg/Markt	4.10	24:43	6:01	9	4:42	43	8:40	10.10	1:14:15	7:21	9	14:19	38	26:55