



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Lara Kilian

Total time: 1:19:44

Number: 624

Speed: 7.53 km/h

Running performance: 7:53 min/km

Course: 10.10 km

Rank in course/Total: 154 (of 178)

10,1 km - Lauf

Rank in course/Women: 49 (of 61)

Best time in course: 47:20

Category:

Rank in category: 10(of 11)

Frauen (20-29) I

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	36:40	8:56	10	9:57	51	15:22	4.10	36:40	8:56	10	9:57	51	15:22
Control	0.90	9:44	10:48	10	2:46	51	4:27	5.00	46:24	9:16	10	12:43	52	19:49
Ilsestein	1.00	7:42	7:42	9	1:51	41	3:00	6.00	54:06	9:01	10	14:11	52	22:49
Ilseburg/Markt	4.10	25:38	6:15	10	5:37	46	9:35	10.10	1:19:44	7:53	10	19:48	49	32:24