



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Carmen Christin Lukasik

Number: 656

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W30 (30-34) I

Total time: 1:15:21

Speed: 7.96 km/h
Running performance: 7:27 min/km

Rank in course/Total: 142 (of 178)

Rank in course/Women: 41 (of 61)

Best time in course: 47:20

Rank in category: 2(of 4)

Best time in the category: 57:07

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	33:41	8:12	2	6:16	37	12:23	4.10	33:41	8:12	2	6:16	37	12:23
Control	0.90	9:14	10:15	3	2:57	46	3:57	5.00	42:55	8:34	4	9:13	40	16:20
Ilsestein	1.00	7:32	7:31	3	1:50	39	2:50	6.00	50:27	8:24	3	11:03	41	19:10
Ilseburg/Markt	4.10	24:54	6:04	2	7:11	44	8:51	10.10	1:15:21	7:27	2	18:14	41	28:01