



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Paula Berndt

Number: 727

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W30 (30-34) I

Total time: 1:17:36

Speed: 7.73 km/h

Running performance: 7:40 min/km

Rank in course/Total: 148 (of 178)

Rank in course/Women: 45 (of 61)

Best time in course: 47:20

Rank in category: 3(of 4)

Best time in the category: 57:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	34:13	8:20	3	6:48	41	12:55	4.10	34:13	8:20	3	6:48	41	12:55
Control	0.90	8:30	9:26	2	2:13	33	3:13	5.00	42:43	8:32	3	9:01	39	16:08
Ilsestein	1.00	7:49	7:48	4	2:07	42	3:07	6.00	50:32	8:25	4	11:08	42	19:15
Ilseburg/Markt	4.10	27:04	6:36	3	9:21	50	11:01	10.10	1:17:36	7:40	3	20:29	45	30:16