



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Vivien Kusian

Total time: 1:05:48

Number: 644

Speed: 9.12 km/h

Running performance: 6:30 min/km

Course: 10.10 km

Rank in course/Total: 90 (of 178)

10,1 km - Lauf

Rank in course/Women: 18 (of 61)

Best time in course: 47:20

Category:

Rank in category: 4(of 7)

Seniorinnen W35 (35-39) I

Best time in the category: 48:51

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	30:27	7:25	4	8:14	21	9:09	4.10	30:27	7:25	4	8:14	21	9:09
Control	0.90	7:58	8:51	5	2:35	24	2:41	5.00	38:25	7:40	4	10:49	22	11:50
Ilsestein	1.00	6:26	6:26	4	1:26	20	1:44	6.00	44:51	7:28	4	12:15	19	13:34
Ilseburg/Markt	4.10	20:57	5:06	3	4:42	18	4:54	10.10	1:05:48	6:30	4	16:57	18	18:28