



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ina Hoinkis

Number: 606

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W35 (35-39) I

Total time: 1:17:25

Speed: 7.75 km/h

Running performance: 7:39 min/km

Rank in course/Total: 147 (of 178)

Rank in course/Women: 44 (of 61)

Best time in course: 47:20

Rank in category: 6(of 7)

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	35:25	8:38	6	13:12	47	14:07	4.10	35:25	8:38	6	13:12	47	14:07
Control	0.90	9:09	10:09	6	3:46	45	3:52	5.00	44:34	8:54	6	16:58	48	17:59
Ilsestein	1.00	8:38	8:37	7	3:38	54	3:56	6.00	53:12	8:52	6	20:36	49	21:55
Ilseburg/Markt	4.10	24:13	5:54	6	7:58	40	8:10	10.10	1:17:25	7:39	6	28:34	44	30:05