



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Anke Thal

Number: 696

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W35 (35-39) I

Total time: 1:18:24

Speed: 7.65 km/h
Running performance: 7:45 min/km

Rank in course/Total: 152 (of 178)

Rank in course/Women: 47 (of 61)

Best time in course: 47:20

Rank in category: 7(of 7)

Best time in the category: 48:51

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	36:30	8:54	7	14:17	50	15:12	4.10	36:30	8:54	7	14:17	50	15:12
Control	0.90	9:24	10:26	7	4:01	47	4:07	5.00	45:54	9:10	7	18:18	51	19:19
Ilsestein	1.00	8:07	8:07	6	3:07	45	3:25	6.00	54:01	9:00	7	21:25	51	22:44
Ilseburg/Markt	4.10	24:23	5:56	7	8:08	41	8:20	10.10	1:18:24	7:45	7	29:33	47	31:04