



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Svetlana Lerche

Number: 651

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W40 (40-44) I

Total time: 57:35

Speed: 10.42 km/h
Running performance: 5:42 min/km

Rank in course/Total: 48 (of 178)

Rank in course/Women: 7 (of 61)

Best time in course: 47:20

Rank in category: 2(of 7)

Best time in the category: 55:02

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	27:01	6:35	2	1:48	7	5:43	4.10	27:01	6:35	2	1:48	7	5:43
Control	0.90	6:41	7:25	2	0:17	7	1:24	5.00	33:42	6:44	2	2:05	7	7:07
Ilsestein	1.00	5:41	5:41	2	0:16	6	0:59	6.00	39:23	6:33	2	2:21	6	8:06
Ilseburg/Markt	4.10	18:12	4:26	2	0:12	7	2:09	10.10	57:35	5:42	2	2:33	7	10:15