



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stefanie Daniel

Number: 566

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W40 (40-44) I

Total time: 1:02:04

Speed: 9.67 km/h

Running performance: 6:08 min/km

Rank in course/Total: 73 (of 178)

Rank in course/Women: 12 (of 61)

Best time in course: 47:20

Rank in category: 3(of 7)

Best time in the category: 55:02

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	28:42	7:00	4	3:29	13	7:24	4.10	28:42	7:00	4	3:29	13	7:24
Control	0.90	6:48	7:33	3	0:24	8	1:31	5.00	35:30	7:05	4	3:53	13	8:55
Ilsestein	1.00	6:04	6:03	3	0:39	15	1:22	6.00	41:34	6:55	3	4:32	13	10:17
Ilseburg/Markt	4.10	20:30	5:00	4	2:30	14	4:27	10.10	1:02:04	6:08	3	7:02	12	14:44