



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Nicole Scheibenhofer

Number: 679

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W40 (40-44) I

Total time: 1:02:32

Speed: 9.59 km/h
Running performance: 6:11 min/km

Rank in course/Total: 76 (of 178)

Rank in course/Women: 13 (of 61)

Best time in course: 47:20

Rank in category: 4(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	28:19	6:54	3	3:06	11	7:01	4.10	28:19	6:54	3	3:06	11	7:01
Control	0.90	6:57	7:43	4	0:33	10	1:40	5.00	35:16	7:03	3	3:39	11	8:41
Ilsestein	1.00	6:21	6:20	5	0:56	19	1:39	6.00	41:37	6:56	4	4:35	14	10:20
Ilseburg/Markt	4.10	20:55	5:06	5	2:55	17	4:52	10.10	1:02:32	6:11	4	7:30	13	15:12