



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

NATALIA RENTZSCH

Number: 674

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W40 (40-44) I

Total time: 1:02:37

Speed: 9.58 km/h
Running performance: 6:11 min/km

Rank in course/Total: 77 (of 178)

Rank in course/Women: 14 (of 61)

Best time in course: 47:20

Rank in category: 5(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	29:28	7:11	5	4:15	14	8:10	4.10	29:28	7:11	5	4:15	14	8:10
Control	0.90	7:21	8:09	5	0:57	16	2:04	5.00	36:49	7:21	5	5:12	16	10:14
Ilsestein	1.00	6:15	6:15	4	0:50	18	1:33	6.00	43:04	7:10	5	6:02	16	11:47
Ilseburg/Markt	4.10	19:33	4:46	3	1:33	9	3:30	10.10	1:02:37	6:11	5	7:35	14	15:17