



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Susi Deyda

Number: 568

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W40 (40-44) I

Total time: 1:11:13

Speed: 8.42 km/h

Running performance: 7:03 min/km

Rank in course/Total: 116 (of 178)

Rank in course/Women: 29 (of 61)

Best time in course: 47:20

Rank in category: 6(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 | 32:40 | 7:58 | 6 | 7:27 | 30 | 11:22 | 4.10 | 32:40 | 7:58 | 6 | 7:27 | 30 | 11:22 |
| Control | 0.90 | 8:06 | 9:00 | 6 | 1:42 | 27 | 2:49 | 5.00 | 40:46 | 8:09 | 6 | 9:09 | 30 | 14:11 |
| Ilsestein | 1.00 | 7:20 | 7:19 | 6 | 1:55 | 34 | 2:38 | 6.00 | 48:06 | 8:01 | 6 | 11:04 | 30 | 16:49 |
| Ilseburg/Markt | 4.10 | 23:07 | 5:38 | 6 | 5:07 | 34 | 7:04 | 10.10 | 1:11:13 | 7:03 | 6 | 16:11 | 29 | 23:53 |