



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	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	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