



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Svenja Recnik

Number: 673

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W40 (40-44) I

Total time: 1:19:08

Speed: 7.58 km/h

Running performance: 7:50 min/km

Rank in course/Total: 153 (of 178)

Rank in course/Women: 48 (of 61)

Best time in course: 47:20

Rank in category: 7(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	35:20	8:37	7	10:07	46	14:02	4.10	35:20	8:37	7	10:07	46	14:02
Control	0.90	8:58	9:57	7	2:34	42	3:41	5.00	44:18	8:51	7	12:41	44	17:43
Ilsestein	1.00	8:18	8:18	7	2:53	48	3:36	6.00	52:36	8:46	7	15:34	46	21:19
Ilseburg/Markt	4.10	26:32	6:28	7	8:32	47	10:29	10.10	1:19:08	7:50	7	24:06	48	31:48