



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Doreen Baecke

Number: 554

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W45 (45-49) I

Total time: 47:20

Speed: 12.68 km/h
Running performance: 4:41 min/km

Rank in course/Total: 9 (of 178)

Rank in course/Women: 1 (of 61)

Best time in course: 47:20

Rank in category: 1(of 7)

Best time in the category: 47:20

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	21:18	5:11	1	-	1	-	4.10	21:18	5:11	1	-	1	-
Control	0.90	5:17	5:52	1	-	1	-	5.00	26:35	5:18	1	-	1	-
Ilsestein	1.00	4:42	4:42	1	-	1	-	6.00	31:17	5:12	1	-	1	-
Ilseburg/Markt	4.10	16:03	3:54	1	-	1	-	10.10	47:20	4:41	1	-	1	-