



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Manuela Korneli

Club: Mädels aus Zeule  
Number: 633

Course: 10.10 km  
10,1 km - Lauf

Category:  
Seniorinnen W45 (45-49) I

Total time: 1:01:18

Speed: 9.79 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 68 (of 178)  
Rank in course/Women: 11 (of 61)  
Best time in course: 47:20

Rank in category: 2(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	28:04	6:50	2	6:46	10	6:46	4.10	28:04	6:50	2	6:46	10	6:46
Control	0.90	6:50	7:35	2	1:33	9	1:33	5.00	34:54	6:58	2	8:19	10	8:19
Ilsestein	1.00	5:53	5:53	2	1:11	11	1:11	6.00	40:47	6:47	2	9:30	9	9:30
Ilseburg/Markt	4.10	20:31	5:00	2	4:28	15	4:28	10.10	1:01:18	6:04	2	13:58	11	13:58