



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andrea Frenzel

Club: Wunsch Team
Number: 578

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W45 (45-49) I

Total time: 1:10:08

Speed: 8.56 km/h
Running performance: 6:56 min/km

Rank in course/Total: 114 (of 178)

Rank in course/Women: 28 (of 61)

Best time in course: 47:20

Rank in category: 3(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	32:04	7:49	3	10:46	27	10:46	4.10	32:04	7:49	3	10:46	27	10:46
Control	0.90	8:05	8:58	3	2:48	26	2:48	5.00	40:09	8:01	3	13:34	28	13:34
Ilsestein	1.00	7:13	7:13	3	2:31	31	2:31	6.00	47:22	7:53	3	16:05	28	16:05
Ilseburg/Markt	4.10	22:46	5:33	4	6:43	31	6:43	10.10	1:10:08	6:56	3	22:48	28	22:48