



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Katja Lipps

Club: Die Eggesprinter
Number: 280

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W45 (45-49) I

Total time: 1:11:39

Speed: 8.37 km/h
Running performance: 7:05 min/km

Rank in course/Total: 124 (of 178)

Rank in course/Women: 34 (of 61)

Best time in course: 47:20

Rank in category: 4(of 7)

Best time in the category: 47:20

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	33:22	8:08	4	12:04	35	12:04	4.10	33:22	8:08	4	12:04	35	12:04
Control	0.90	8:44	9:42	6	3:27	36	3:27	5.00	42:06	8:25	4	15:31	36	15:31
Ilsestein	1.00	7:34	7:33	5	2:52	40	2:52	6.00	49:40	8:16	4	18:23	37	18:23
Ilseburg/Markt	4.10	21:59	5:21	3	5:56	24	5:56	10.10	1:11:39	7:05	4	24:19	34	24:19