



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Daniela Kuegler

Club: Mühlholzer
Number: 640

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W45 (45-49) I

Total time: 1:14:59

Speed: 8.00 km/h
Running performance: 7:25 min/km

Rank in course/Total: 140 (of 178)

Rank in course/Women: 39 (of 61)

Best time in course: 47:20

Rank in category: 5(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	35:11	8:34	6	13:53	45	13:53	4.10	35:11	8:34	6	13:53	45	13:53
Control	0.90	8:25	9:21	5	3:08	31	3:08	5.00	43:36	8:43	6	17:01	43	17:01
Ilsestein	1.00	7:30	7:30	4	2:48	38	2:48	6.00	51:06	8:31	6	19:49	45	19:49
Ilseburg/Markt	4.10	23:53	5:49	5	7:50	38	7:50	10.10	1:14:59	7:25	5	27:39	39	27:39