



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Sabine Weniger

Number: 712

Course: 10.10 km  
10,1 km - Lauf

Category:  
Seniorinnen W45 (45-49) I

Total time: 1:16:24

Speed: 7.85 km/h

Running performance: 7:33 min/km

Rank in course/Total: 144 (of 178)

Rank in course/Women: 42 (of 61)

Best time in course: 47:20

Rank in category: 6(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Ilsestein	4.10	34:10	8:20	5	12:52	40	12:52	4.10	34:10	8:20	5	12:52	40	12:52	
Control	0.90	8:21	9:16	4	3:04	30	3:04	5.00	42:31	8:30	5	15:56	38	15:56	
Ilsestein	1.00	8:24	8:24	7	3:42	50	3:42	6.00	50:55	8:29	5	19:38	43	19:38	
Ilseburg/Markt	4.10	25:29	6:12	6	9:26	45	9:26	10.10	1:16:24	7:33	6	29:04	42	29:04	