



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Katy Strauss

Total time: 1:20:17

Number: 694

Speed: 7.47 km/h

Running performance: 7:56 min/km

Course: 10.10 km

Rank in course/Total: 156 (of 178)

10,1 km - Lauf

Rank in course/Women: 50 (of 61)

Best time in course: 47:20

Category:

Rank in category: 7(of 7)

Seniorinnen W45 (45-49) I

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	35:50	8:44	7	14:32	48	14:32	4.10	35:50	8:44	7	14:32	48	14:32
Control	0.90	9:05	10:05	7	3:48	43	3:48	5.00	44:55	8:58	7	18:20	49	18:20
Ilsestein	1.00	8:15	8:15	6	3:33	46	3:33	6.00	53:10	8:51	7	21:53	48	21:53
Ilseburg/Markt	4.10	27:07	6:36	7	11:04	51	11:04	10.10	1:20:17	7:56	7	32:57	50	32:57