



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Barbara Holenburg

Number: 607

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:08:22

Speed: 8.78 km/h
Running performance: 6:46 min/km

Rank in course/Total: 104 (of 178)

Rank in course/Women: 25 (of 61)

Best time in course: 47:20

Rank in category: 1(of 8)

Best time in the category: 1:08:22

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	31:18	7:38	2	1:05	23	10:00	4.10	31:18	7:38	2	1:05	23	10:00
Control	0.90	7:52	8:44	1	-	22	2:35	5.00	39:10	7:49	2	0:57	24	12:35
Ilsestein	1.00	7:04	7:03	1	-	30	2:22	6.00	46:14	7:42	2	0:34	24	14:57
Ilseburg/Markt	4.10	22:08	5:23	1	-	27	6:05	10.10	1:08:22	6:46	1	-	25	21:02