



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Birgitt Behling

Number: 40

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:08:33

Speed: 8.75 km/h

Running performance: 6:47 min/km

Rank in course/Total: 105 (of 178)

Rank in course/Women: 26 (of 61)

Best time in course: 47:20

Rank in category: 2(of 8)

Best time in the category: 1:08:22

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	30:13	7:22	1	-	18	8:55	4.10	30:13	7:22	1	-	18	8:55
Control	0.90	8:00	8:53	2	0:08	25	2:43	5.00	38:13	7:38	1	-	21	11:38
Ilsestein	1.00	7:27	7:27	2	0:23	36	2:45	6.00	45:40	7:36	1	-	23	14:23
Ilseburg/Markt	4.10	22:53	5:34	3	0:45	33	6:50	10.10	1:08:33	6:47	2	0:11	26	21:13