



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Alexandra Vollmer

Number: 704

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:17:23

Speed: 7.75 km/h

Running performance: 7:39 min/km

Rank in course/Total: 146 (of 178)

Rank in course/Women: 43 (of 61)

Best time in course: 47:20

Rank in category: 4(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	33:05	8:04	4	2:52	32	11:47	4.10	33:05	8:04	4	2:52	32	11:47
Control	0.90	8:52	9:51	4	1:00	41	3:35	5.00	41:57	8:23	4	3:44	35	15:22
Ilsestein	1.00	8:26	8:26	6	1:22	51	3:44	6.00	50:23	8:23	4	4:43	40	19:06
Ilseburg/Markt	4.10	27:00	6:35	5	4:52	49	10:57	10.10	1:17:23	7:39	4	9:01	43	30:03