



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Simone Fritsche

Number: 580

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:17:59

Speed: 7.69 km/h
Running performance: 7:43 min/km

Rank in course/Total: 150 (of 178)

Rank in course/Women: 46 (of 61)

Best time in course: 47:20

Rank in category: 5(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	36:01	8:47	6	5:48	49	14:43	4.10	36:01	8:47	6	5:48	49	14:43
Control	0.90	9:07	10:07	5	1:15	44	3:50	5.00	45:08	9:01	6	6:55	50	18:33
Ilsestein	1.00	8:19	8:18	5	1:15	49	3:37	6.00	53:27	8:54	6	7:47	50	22:10
Ilseburg/Markt	4.10	24:32	5:59	4	2:24	42	8:29	10.10	1:17:59	7:43	5	9:37	46	30:39