



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Andrea Franke

Number: 576

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:23:36

Speed: 7.18 km/h
Running performance: 8:16 min/km

Rank in course/Total: 162 (of 178)

Rank in course/Women: 53 (of 61)

Best time in course: 47:20

Rank in category: 6(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	34:47	8:29	5	4:34	44	13:29	4.10	34:47	8:29	5	4:34	44	13:29
Control	0.90	9:46	10:51	6	1:54	52	4:29	5.00	44:33	8:54	5	6:20	47	17:58
Ilsestein	1.00	8:17	8:16	4	1:13	47	3:35	6.00	52:50	8:48	5	7:10	47	21:33
Ilseburg/Markt	4.10	30:46	7:30	6	8:38	56	14:43	10.10	1:23:36	8:16	6	15:14	53	36:16