



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Karen von der Heide

Number: 706

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:36:55

Speed: 6.19 km/h

Running performance: 9:35 min/km

Rank in course/Total: 169 (of 178)

Rank in course/Women: 57 (of 61)

Best time in course: 47:20

Rank in category: 7(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	41:31	10:07	7	11:18	58	20:13	4.10	41:31	10:07	7	11:18	58	20:13
Control	0.90	11:15	12:30	8	3:23	59	5:58	5.00	52:46	10:33	7	14:33	59	26:11
Ilsestein	1.00	11:41	11:41	8	4:37	59	6:59	6.00	1:04:27	10:44	8	18:47	60	33:10
Ilseburg/Markt	4.10	32:28	7:55	7	10:20	57	16:25	10.10	1:36:55	9:35	7	28:33	57	49:35