



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Beate Friese

Number: 726

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W50 (50-54) I

Total time: 1:37:45

Speed: 6.14 km/h

Running performance: 9:40 min/km

Rank in course/Total: 170 (of 178)

Rank in course/Women: 58 (of 61)

Best time in course: 47:20

Rank in category: 8(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	42:26	10:20	8	12:13	59	21:08	4.10	42:26	10:20	8	12:13	59	21:08
Control	0.90	11:12	12:26	7	3:20	58	5:55	5.00	53:38	10:43	8	15:25	61	27:03
Ilsestein	1.00	10:02	10:01	7	2:58	58	5:20	6.00	1:03:40	10:36	7	18:00	58	32:23
Ilseburg/Markt	4.10	34:05	8:18	8	11:57	58	18:02	10.10	1:37:45	9:40	8	29:23	58	50:25