



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Frauke Albrecht

Number: 551

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W55 (55-59) I

Total time: 52:50

Speed: 11.36 km/h
Running performance: 5:13 min/km

Rank in course/Total: 23 (of 178)

Rank in course/Women: 4 (of 61)

Best time in course: 47:20

Rank in category: 1(of 3)

Best time in the category: 52:50

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	23:54	5:49	1	-	3	2:36	4.10	23:54	5:49	1	-	3	2:36
Control	0.90	5:55	6:34	1	-	3	0:38	5.00	29:49	5:57	1	-	3	3:14
Ilsestein	1.00	5:18	5:17	1	-	4	0:36	6.00	35:07	5:51	1	-	4	3:50
Ilseburg/Markt	4.10	17:43	4:19	1	-	4	1:40	10.10	52:50	5:13	1	-	4	5:30