



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Stefanie Sundermeyer

Number: 695

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W55 (55-59) I

Total time: 1:15:07

Speed: 7.99 km/h

Running performance: 7:26 min/km

Rank in course/Total: 141 (of 178)

Rank in course/Women: 40 (of 61)

Best time in course: 47:20

Rank in category: 2(of 3)

Best time in the category: 52:50

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	34:23	8:23	2	10:29	43	13:05	4.10	34:23	8:23	2	10:29	43	13:05
Control	0.90	8:49	9:47	2	2:54	39	3:32	5.00	43:12	8:38	2	13:23	42	16:37
Ilsestein	1.00	7:52	7:51	2	2:34	43	3:10	6.00	51:04	8:30	2	15:57	44	19:47
Ilseburg/Markt	4.10	24:03	5:51	2	6:20	39	8:00	10.10	1:15:07	7:26	2	22:17	40	27:47