



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Harriet Hirth

Number: 722

Course: 10.10 km  
10,1 km - Lauf

Category:  
Seniorinnen W55 (55-59) I

Total time: 1:39:53

Speed: 6.01 km/h  
Running performance: 9:53 min/km

Rank in course/Total: 171 (of 178)

Rank in course/Women: 59 (of 61)

Best time in course: 47:20

Rank in category: 3(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	41:06	10:01	3	17:12	56	19:48	4.10	41:06	10:01	3	17:12	56	19:48
Control	0.90	11:21	12:36	3	5:26	60	6:04	5.00	52:27	10:29	3	22:38	58	25:52
Ilsestein	1.00	11:59	11:58	3	6:41	60	7:17	6.00	1:04:26	10:44	3	29:19	59	33:09
Ilseburg/Markt	4.10	35:27	8:38	3	17:44	60	19:24	10.10	1:39:53	9:53	3	47:03	59	52:33