



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Heike Kühne

Number: 641

Course: 10.10 km  
10,1 km - Lauf

Category:  
Seniorinnen W60 (60-64) I

Total time: 1:24:41

Speed: 7.09 km/h

Running performance: 8:23 min/km

Rank in course/Total: 163 (of 178)

Rank in course/Women: 54 (of 61)

Best time in course: 47:20

Rank in category: 4(of 4)

Best time in the category: 1:04:14

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	38:06	9:17	4	8:25	54	16:48	4.10	38:06	9:17	4	8:25	54	16:48
Control	0.90	9:31	10:34	3	2:18	48	4:14	5.00	47:37	9:31	4	10:43	55	21:02
Ilsestein	1.00	8:54	8:54	4	3:09	56	4:12	6.00	56:31	9:25	4	13:04	55	25:14
Ilseburg/Markt	4.10	28:10	6:52	4	7:23	53	12:07	10.10	1:24:41	8:23	4	20:27	54	37:21