



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Elke Kilian

Club: NIX tun kann JEDER
Number: 623

Course: 10.10 km
10,1 km - Lauf

Category:
Seniorinnen W65 (65-69) I

Total time: 1:13:23

Speed: 8.18 km/h
Running performance: 7:15 min/km

Rank in course/Total: 131 (of 178)

Rank in course/Women: 36 (of 61)

Best time in course: 47:20

Rank in category: 1(of 2)

Best time in the category: 1:13:23

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	33:45	8:13	1	-	38	12:27	4.10	33:45	8:13	1	-	38	12:27
Control	0.90	10:34	11:44	2	0:58	57	5:17	5.00	44:19	8:51	1	-	46	17:44
Ilsestein	1.00	5:45	5:45	1	-	8	1:03	6.00	50:04	8:20	1	-	39	18:47
Ilseburg/Markt	4.10	23:19	5:41	1	-	35	7:16	10.10	1:13:23	7:15	1	-	36	26:03