



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Ingrid Krügel

Number: 638

Course: 10.10 km  
10,1 km - Lauf

Category:  
Seniorinnen W75 (75+) I

Total time: 1:40:56

Speed: 5.94 km/h

Running performance: 9:59 min/km

Rank in course/Total: 172 (of 178)

Rank in course/Women: 60 (of 61)

Best time in course: 47:20

Rank in category: 1(of 1)

Best time in the category: 1:40:56

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	42:54	10:27	1	-	60	21:36	4.10	42:54	10:27	1	-	60	21:36
Control	0.90	10:03	11:10	1	-	54	4:46	5.00	52:57	10:35	1	-	60	26:22
Ilsestein	1.00	13:16	13:16	1	-	61	8:34	6.00	1:06:13	11:02	1	-	61	34:56
Ilseburg/Markt	4.10	34:43	8:28	1	-	59	18:40	10.10	1:40:56	9:59	1	-	60	53:36