



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Ida Lotte Stephan

Number: 692

Course: 10.10 km
10,1 km - Lauf

Category:
weibliche Jugend U14 (12-13) I

Total time: 1:11:34

Speed: 8.38 km/h

Running performance: 7:05 min/km

Rank in course/Total: 121 (of 178)

Rank in course/Women: 32 (of 61)

Best time in course: 47:20

Rank in category: 1(of 1)

Best time in the category: 1:11:34

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	34:13	8:20	1	-	41	12:55	4.10	34:13	8:20	1	-	41	12:55
Control	0.90	8:47	9:45	1	-	38	3:30	5.00	43:00	8:35	1	-	41	16:25
Ilsestein	1.00	6:30	6:30	1	-	21	1:48	6.00	49:30	8:15	1	-	34	18:13
Ilseburg/Markt	4.10	22:04	5:22	1	-	26	6:01	10.10	1:11:34	7:05	1	-	32	24:14