



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Natascha Thomas

Number: 777

Course: 10.10 km
10,1 km - Wanderung

Category:
Frauen K

Total time: 1:31:28

Speed: 6.56 km/h
Running performance: 9:03 min/km

Rank in course/Total: 5 (of 57)
Rank in course/Women: 2 (of 32)
Best time in course: 1:23:44

Rank in category: 2(of 32)
Best time in the category: 1:23:44

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	41:31	10:07	4	5:33	4	5:33	4.10	41:31	10:07	4	5:33	4	5:33
Control	0.90	9:00	10:00	2	0:08	2	0:08	5.00	50:31	10:06	3	5:41	3	5:41
Ilsestein	1.00	8:50	8:50	2	0:13	2	0:13	6.00	59:21	9:53	3	5:54	3	5:54
Ilseburg/Markt	4.10	32:07	7:50	2	1:50	2	1:50	10.10	1:31:28	9:03	2	7:44	2	7:44