



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Gabriele Spittau

Club: Team SP
Number: 770

Course: 10.10 km
10,1 km - Wanderung

Category:
Frauen K

Total time: 1:45:49

Speed: 5.67 km/h
Running performance: 10:28 min/km

Rank in course/Total: 18 (of 57)

Rank in course/Women: 10 (of 32)

Best time in course: 1:23:44

Rank in category: 10(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	47:12	11:30	10	11:14	10	11:14	4.10	47:12	11:30	10	11:14	10	11:14
Control	0.90	11:01	12:14	10	2:09	10	2:09	5.00	58:13	11:38	10	13:23	10	13:23
Ilsestein	1.00	11:06	11:05	9	2:29	9	2:29	6.00	1:09:19	11:33	10	15:52	10	15:52
Ilseburg/Markt	4.10	36:30	8:54	6	6:13	6	6:13	10.10	1:45:49	10:28	10	22:05	10	22:05