



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Manuela Herzog

Number: 744

Course: 10.10 km
10,1 km - Wanderung

Category:
Frauen K

Total time: 2:34:06

Speed: 3.89 km/h

Running performance: 15:15 min/km

Rank in course/Total: 54 (of 57)

Rank in course/Women: 30 (of 32)

Best time in course: 1:23:44

Rank in category: 30(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	1:03:01	15:22	30	27:03	30	27:03	4.10	1:03:01	15:22	30	27:03	30	27:03
Control	0.90	17:16	19:11	29	8:24	29	8:24	5.00	1:20:17	16:03	30	35:27	30	35:27
Ilsestein	1.00	20:39	20:38	29	12:02	29	12:02	6.00	1:40:56	16:49	30	47:29	30	47:29
Ilseburg/Markt	4.10	53:10	12:58	28	22:53	28	22:53	10.10	2:34:06	15:15	30	1:10:22	30	1:10:22