



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Leonie Jenner

Club: No f*cking X-Cuses
Number: 212

Course: 24.90 km
24,9 km - Lauf

Category:
Frauen (20-29) B

Total time: 2:29:55

Speed: 9.61 km/h
Running performance: 6:01 min/km

Rank in course/Total: 174 (of 433)

Rank in course/Women: 18 (of 82)

Best time in course: 1:53:56

Rank in category: 5(of 14)

Best time in the category: 2:00:15

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	27:11	6:37	4	6:17	18	6:31	4.10	27:11	6:37	4	6:17	18	6:31
Plessenburg	2.40	15:15	6:21	6	3:33	23	3:56	6.50	42:26	6:31	4	9:50	19	10:27
Oehrenfeld	3.40	16:25	4:49	6	3:33	20	3:33	9.90	58:51	5:56	4	13:23	18	13:33
Ilsestein	4.80	31:57	6:39	5	5:24	17	7:44	14.70	1:30:48	6:10	4	18:17	17	21:17
Plessenburg	2.30	16:25	7:08	5	3:59	20	4:50	17.00	1:47:13	6:18	5	20:59	18	26:07
Oehrenfeld	3.40	15:53	4:40	3	2:17	13	2:31	20.40	2:03:06	6:02	5	22:49	18	28:38
Ilseburg/Markt	4.50	26:49	5:57	6	6:56	25	7:21	24.90	2:29:55	6:01	5	29:40	18	35:59