



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Jana Bandelow

Number: 37

Course: 24.90 km  
24,9 km - Lauf

Category:  
Frauen (20-29) B

Total time: 2:51:20

Speed: 8.40 km/h

Running performance: 6:52 min/km

Rank in course/Total: 306 (of 433)

Rank in course/Women: 42 (of 82)

Best time in course: 1:53:56

Rank in category: 9(of 14)

Best time in the category: 2:00:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	31:34	7:41	10	10:40	51	10:54	4.10	31:34	7:41	10	10:40	51	10:54
Plessenburg	2.40	17:19	7:12	10	5:37	51	6:00	6.50	48:53	7:31	9	16:17	49	16:54
Oehrenfeld	3.40	19:23	5:42	11	6:31	47	6:31	9.90	1:08:16	6:53	10	22:48	48	22:58
Ilsestein	4.80	36:48	7:39	9	10:15	40	12:35	14.70	1:45:04	7:08	10	32:33	44	35:33
Plessenburg	2.30	18:12	7:54	8	5:46	42	6:37	17.00	2:03:16	7:15	10	37:02	43	42:10
Oehrenfeld	3.40	19:35	5:45	8	5:59	41	6:13	20.40	2:22:51	7:00	9	42:34	43	48:23
Ilseburg/Markt	4.50	28:29	6:19	9	8:36	35	9:01	24.90	2:51:20	6:52	9	51:05	42	57:24