



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Leona Zinnecker

Number: 517

Course: 24.90 km  
24,9 km - Lauf

Category:  
Frauen (20-29) B

Total time: 2:58:24

Speed: 8.07 km/h

Running performance: 7:09 min/km

Rank in course/Total: 334 (of 433)

Rank in course/Women: 53 (of 82)

Best time in course: 1:53:56

Rank in category: 12(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	32:13	7:51	12	11:19	58	11:33	4.10	32:13	7:51	12	11:19	58	11:33
Plessenburg	2.40	17:10	7:09	9	5:28	46	5:51	6.50	49:23	7:35	12	16:47	55	17:24
Oehrenfeld	3.40	19:32	5:44	12	6:40	48	6:40	9.90	1:08:55	6:57	12	23:27	53	23:37
Ilsestein	4.80	37:10	7:44	11	10:37	45	12:57	14.70	1:46:05	7:12	12	33:34	47	36:34
Plessenburg	2.30	18:38	8:06	11	6:12	50	7:03	17.00	2:04:43	7:20	12	38:29	48	43:37
Oehrenfeld	3.40	24:48	7:17	13	11:12	74	11:26	20.40	2:29:31	7:19	12	49:14	59	55:03
Ilseburg/Markt	4.50	28:53	6:25	11	9:00	40	9:25	24.90	2:58:24	7:09	12	58:09	53	1:04:28