



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jana Otte

Number: 320

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W35 (35-39) B

Total time: 2:12:09

Speed: 10.90 km/h
Running performance: 5:18 min/km

Rank in course/Total: 72 (of 433)

Rank in course/Women: 10 (of 82)

Best time in course: 1:53:56

Rank in category: 1(of 7)

Best time in the category: 2:12:09

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	23:09	5:38	1	-	9	2:29	4.10	23:09	5:38	1	-	9	2:29
Plessenburg	2.40	12:19	5:07	1	-	4	1:00	6.50	35:28	5:27	1	-	6	3:29
Oehrenfeld	3.40	14:39	4:18	1	-	9	1:47	9.90	50:07	5:03	1	-	8	4:49
Ilsestein	4.80	28:51	6:00	1	-	11	4:38	14.70	1:18:58	5:22	1	-	10	9:27
Plessenburg	2.30	13:48	6:00	1	-	9	2:13	17.00	1:32:46	5:27	1	-	10	11:40
Oehrenfeld	3.40	15:43	4:37	1	-	12	2:21	20.40	1:48:29	5:19	1	-	10	14:01
Ilseburg/Markt	4.50	23:40	5:15	1	-	12	4:12	24.90	2:12:09	5:18	1	-	10	18:13