



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Janett Gerke

Number: 146

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W35 (35-39) B

Total time: 2:55:40

Speed: 8.20 km/h

Running performance: 7:03 min/km

Rank in course/Total: 326 (of 433)

Rank in course/Women: 49 (of 82)

Best time in course: 1:53:56

Rank in category: 5(of 7)

Best time in the category: 2:12:09

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	28:11	6:52	4	5:02	29	7:31	4.10	28:11	6:52	4	5:02	29	7:31
Plessenburg	2.40	16:24	6:49	4	4:05	35	5:05	6.50	44:35	6:51	4	9:07	31	12:36
Oehrenfeld	3.40	20:52	6:08	7	6:13	67	8:00	9.90	1:05:27	6:36	5	15:20	37	20:09
Ilsestein	4.80	36:41	7:38	5	7:50	38	12:28	14.70	1:42:08	6:56	5	23:10	38	32:37
Plessenburg	2.30	18:47	8:10	5	4:59	51	7:12	17.00	2:00:55	7:06	5	28:09	38	39:49
Oehrenfeld	3.40	22:02	6:28	7	6:19	64	8:40	20.40	2:22:57	7:00	5	34:28	45	48:29
Ilseburg/Markt	4.50	32:43	7:16	7	9:03	61	13:15	24.90	2:55:40	7:03	5	43:31	49	1:01:44