



# 53. Brockenlauf

Ilseburg / 07.09.2024

## Detailed evaluation

**Yvonne Kienert**

Club: DieSchweinehunde  
Number: 224

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W40 (40-44) B

Total time: 3:35:25

Speed: 6.68 km/h  
Running performance: 8:39 min/km

Rank in course/Total: 417 (of 433)

Rank in course/Women: 77 (of 82)

Best time in course: 1:53:56

Rank in category: 19(of 20)

Best time in the category: 1:53:56

### Intermediate times

### Stage score

### Total ranking

| Control        | Split km | Split Time | Split min/km | Pos  |       | Behind |       | Total |         |        | Pos  |         | Behind |         |
|----------------|----------|------------|--------------|------|-------|--------|-------|-------|---------|--------|------|---------|--------|---------|
|                |          |            |              | Cat. | Women | Cat.   | Women | km    | Time    | min/km | Cat. | Women   | Cat.   | Women   |
| Ilsestein      | 4.10     | 37:24      | 9:07         | 19   | 16:44 | 78     | 16:44 | 4.10  | 37:24   | 9:07   | 19   | 16:44   | 78     | 16:44   |
| Plessenburg    | 2.40     | 21:10      | 8:49         | 19   | 9:51  | 79     | 9:51  | 6.50  | 58:34   | 9:00   | 19   | 26:35   | 79     | 26:35   |
| Oehrenfeld     | 3.40     | 22:37      | 6:39         | 19   | 9:18  | 76     | 9:45  | 9.90  | 1:21:11 | 8:12   | 19   | 35:53   | 78     | 35:53   |
| Ilsestein      | 4.80     | 49:59      | 10:24        | 18   | 25:46 | 80     | 25:46 | 14.70 | 2:11:10 | 8:55   | 18   | 1:01:39 | 78     | 1:01:39 |
| Plessenburg    | 2.30     | 22:10      | 9:38         | 18   | 10:35 | 74     | 10:35 | 17.00 | 2:33:20 | 9:01   | 18   | 1:12:14 | 77     | 1:12:14 |
| Oehrenfeld     | 3.40     | 25:16      | 7:25         | 20   | 11:54 | 77     | 11:54 | 20.40 | 2:58:36 | 8:45   | 20   | 1:24:08 | 79     | 1:24:08 |
| Ilseburg/Markt | 4.50     | 36:49      | 8:10         | 18   | 17:21 | 75     | 17:21 | 24.90 | 3:35:25 | 8:39   | 19   | 1:41:29 | 77     | 1:41:29 |