



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Kerstin Leineweber

Number: 272

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W45 (45-49) B

Total time: 2:47:40

Speed: 8.59 km/h

Running performance: 6:44 min/km

Rank in course/Total: 286 (of 433)

Rank in course/Women: 38 (of 82)

Best time in course: 1:53:56

Rank in category: 4(of 8)

Best time in the category: 2:40:42

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	30:50	7:31	4	3:46	42	10:10	4.10	30:50	7:31	4	3:46	42	10:10
Plessenburg	2.40	17:40	7:21	4	2:11	56	6:21	6.50	48:30	7:27	4	5:41	47	16:31
Oehrenfeld	3.40	20:53	6:08	6	4:22	68	8:01	9.90	1:09:23	7:00	5	9:22	56	24:05
Ilsestein	4.80	36:53	7:41	4	3:22	42	12:40	14.70	1:46:16	7:13	4	11:00	48	36:45
Plessenburg	2.30	17:19	7:31	2	0:13	27	5:44	17.00	2:03:35	7:16	4	10:28	47	42:29
Oehrenfeld	3.40	18:15	5:22	1	-	30	4:53	20.40	2:21:50	6:57	4	10:17	41	47:22
Ilseburg/Markt	4.50	25:50	5:44	1	-	17	6:22	24.90	2:47:40	6:44	4	6:58	38	53:44