



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jana Zeitz

Club: Eggesprinter
Number: 508

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W45 (45-49) B

Total time: 3:00:12

Speed: 7.99 km/h
Running performance: 7:14 min/km

Rank in course/Total: 344 (of 433)

Rank in course/Women: 56 (of 82)

Best time in course: 1:53:56

Rank in category: 5(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 | 32:46 | 7:59 | 6 | 5:42 | 61 | 12:06 | 4.10 | 32:46 | 7:59 | 6 | 5:42 | 61 | 12:06 |
| Plessenburg | 2.40 | 17:57 | 7:28 | 5 | 2:28 | 59 | 6:38 | 6.50 | 50:43 | 7:48 | 6 | 7:54 | 62 | 18:44 |
| Oehrenfeld | 3.40 | 17:48 | 5:14 | 3 | 1:17 | 32 | 4:56 | 9.90 | 1:08:31 | 6:55 | 4 | 8:30 | 50 | 23:13 |
| Ilsestein | 4.80 | 39:24 | 8:12 | 6 | 5:53 | 58 | 15:11 | 14.70 | 1:47:55 | 7:20 | 5 | 12:39 | 53 | 38:24 |
| Plessenburg | 2.30 | 20:49 | 9:03 | 6 | 3:43 | 65 | 9:14 | 17.00 | 2:08:44 | 7:34 | 6 | 15:37 | 58 | 47:38 |
| Oehrenfeld | 3.40 | 21:54 | 6:26 | 6 | 3:39 | 63 | 8:32 | 20.40 | 2:30:38 | 7:23 | 6 | 19:05 | 61 | 56:10 |
| Ilseburg/Markt | 4.50 | 29:34 | 6:34 | 5 | 3:44 | 48 | 10:06 | 24.90 | 3:00:12 | 7:14 | 5 | 19:30 | 56 | 1:06:16 |