



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Backhaus, Helga

Club: SV Gifhorn
Number: 324

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 3:40:35

Speed: 7.13 km/h
Running performance: 8:25 min/km

Rank in course/Total: 481 (of 492)

Rank in course/Women: 73 (of 77)

Best time in course: 2:05:45

Rank in category: 4(of 4)

Best time in the category: 3:03:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	27:23	8:17	4	6:22	76	12:30	3.30	27:23	8:17	4	6:22	24	6:22
Schlüsie	3.10	28:13	9:06	4	2:37	75	11:16	6.40	55:36	8:41	4	8:59	24	8:59
Hermannsklippe	2.60	25:28	9:47	4	1:55	69	10:19	9.00	1:21:04	9:00	4	10:54	24	10:54
Brocken	3.10	39:54	12:52	4	2:45	69	15:40	12.10	2:00:58	9:59	4	13:39	24	13:39
Eiserner Handwe	3.60	27:43	7:41	4	7:14	77	12:58	15.70	2:28:41	9:28	4	20:53	24	20:53
Schlüsie	4.10	26:59	6:34	4	7:40	75	12:40	19.80	2:55:40	8:52	4	28:33	24	28:33
Loddenke	3.10	21:32	6:56	4	4:37	75	9:19	22.90	3:17:12	8:36	4	33:10	24	33:10
Ilseburg/Markt	3.30	23:23	7:05	3	4:05	71	10:08	26.20	3:40:35	8:25	4	37:15	75	1:34:50