



47. Brockenlauf Ilseburg / 02.09.2017

Detailed evaluation

BACKHAUS, Helga

Club: VfR Wilsche-Neubokel
Number: 458

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 5:10:11

Speed: 5.07 km/h
Running performance: 11:50 min/km

Rank in course/Total: 496 (of 500)

Rank in course/Women: 75 (of 77)

Best time in course: 1:57:27

Rank in category: 2(of 2)

Best time in the category: 3:28:08

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
Loddenke	3.30	35:14	10:40	2	10:46	75	20:33	3.30	35:14	10:40	2	10:46	75	20:33
Schlüsse	3.10	36:46	11:51	2	9:05	74	20:37	6.40	1:12:00	11:15	2	19:51	75	41:10
Hermannsklippe	2.60	34:01	13:04	2	9:32	76	19:34	9.00	1:46:01	11:46	2	29:23	75	1:00:44
Brocken	3.10	57:46	18:38	2	15:23	76	35:29	12.10	2:43:47	13:32	2	44:46	76	1:36:13
Eiserner Handweg	3.60	42:24	11:46	2	18:41	75	29:16	15.70	3:26:11	13:07	2	1:03:27	75	2:05:29
Schlüsse	4.10	40:02	9:45	2	15:53	74	26:54	19.80	4:06:13	12:26	2	1:19:20	74	2:32:23
Loddenke	3.10	31:07	10:02	2	11:27	74	19:42	22.90	4:37:20	12:06	2	1:30:47	74	2:52:05
Ilseburg/Markt	3.30	32:51	9:57	2	11:16	76	32:36	26.20	5:10:11	11:50	2	1:42:03	77	5:09:56