



53. Brockenlauf  
Ilseburg / 07.09.2024

Detailed evaluation

Hilde Biedermann

Number: 45

Course: 24.90 km  
24,9 km - Lauf

Category:  
Seniorinnen W30 (30-34) B

Total time: 2:28:01

Speed: 9.73 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 159 (of 433)

Rank in course/Women: 17 (of 82)

Best time in course: 1:53:56

Rank in category: 3(of 7)

Best time in the category: 2:08:09

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	26:34	6:28	3	3:47	14	5:54	4.10	26:34	6:28	3	3:47	14	5:54
Plessenburg	2.40	13:41	5:42	3	1:08	13	2:22	6.50	40:15	6:11	3	4:55	14	8:16
Oehrenfeld	3.40	16:51	4:57	3	2:13	23	3:59	9.90	57:06	5:46	3	7:08	14	11:48
Ilsestein	4.80	30:46	6:24	3	3:47	13	6:33	14.70	1:27:52	5:58	3	10:55	14	18:21
Plessenburg	2.30	16:17	7:04	3	3:04	18	4:42	17.00	1:44:09	6:07	3	13:44	14	23:03
Oehrenfeld	3.40	17:56	5:16	3	3:05	24	4:34	20.40	2:02:05	5:59	3	16:24	15	27:37
Ilseburg/Markt	4.50	25:56	5:45	3	4:31	18	6:28	24.90	2:28:01	5:56	3	19:52	17	34:05