



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Jutta Goepfert

Number: 151

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W50 (50-54) B

Total time: 2:11:00

Speed: 10.99 km/h

Running performance: 5:15 min/km

Rank in course/Total: 66 (of 433)

Rank in course/Women: 9 (of 82)

Best time in course: 1:53:56

Rank in category: 2(of 10)

Best time in the category: 2:08:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	22:59	5:36	1	-	6	2:19	4.10	22:59	5:36	1	-	6	2:19
Plessenburg	2.40	12:38	5:15	1	-	7	1:19	6.50	35:37	5:28	1	-	7	3:38
Oehrenfeld	3.40	14:17	4:12	1	-	6	1:25	9.90	49:54	5:02	1	-	5	4:36
Ilsestein	4.80	28:40	5:58	2	0:51	10	4:27	14.70	1:18:34	5:20	1	-	7	9:03
Plessenburg	2.30	13:55	6:03	2	0:27	10	2:20	17.00	1:32:29	5:26	2	0:09	9	11:23
Oehrenfeld	3.40	15:02	4:25	2	0:42	9	1:40	20.40	1:47:31	5:16	2	0:51	9	13:03
Ilseburg/Markt	4.50	23:29	5:13	2	1:11	11	4:01	24.90	2:11:00	5:15	2	2:02	9	17:04