



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 | 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 |