



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Angela Jabado

Number: 207

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W55 (55-59) B

Total time: 2:52:46

Speed: 8.33 km/h

Running performance: 6:56 min/km

Rank in course/Total: 315 (of 433)

Rank in course/Women: 45 (of 82)

Best time in course: 1:53:56

Rank in category: 6(of 11)

Best time in the category: 2:12:44

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 | 30:56 | 7:32 | 6 | 7:48 | 44 | 10:16 | 4.10 | 30:56 | 7:32 | 6 | 7:48 | 44 | 10:16 |
| Plessenburg | 2.40 | 16:49 | 7:00 | 5 | 3:47 | 39 | 5:30 | 6.50 | 47:45 | 7:20 | 5 | 11:35 | 41 | 15:46 |
| Oehrenfeld | 3.40 | 19:53 | 5:50 | 7 | 4:43 | 56 | 7:01 | 9.90 | 1:07:38 | 6:49 | 7 | 16:18 | 44 | 22:20 |
| Ilsestein | 4.80 | 37:05 | 7:43 | 5 | 8:40 | 44 | 12:52 | 14.70 | 1:44:43 | 7:07 | 6 | 24:58 | 42 | 35:12 |
| Plessenburg | 2.30 | 17:39 | 7:40 | 3 | 2:45 | 35 | 6:04 | 17.00 | 2:02:22 | 7:11 | 6 | 27:43 | 41 | 41:16 |
| Oehrenfeld | 3.40 | 19:28 | 5:43 | 4 | 4:29 | 38 | 6:06 | 20.40 | 2:21:50 | 6:57 | 6 | 32:12 | 41 | 47:22 |
| Ilseburg/Markt | 4.50 | 30:56 | 6:52 | 7 | 7:50 | 52 | 11:28 | 24.90 | 2:52:46 | 6:56 | 6 | 40:02 | 45 | 58:50 |