



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Helga Backhaus

Number: 35

Course: 24.90 km
24,9 km - Lauf

Category:
Seniorinnen W70 (70-74) B

Total time: 3:46:14

Speed: 6.37 km/h

Running performance: 9:05 min/km

Rank in course/Total: 423 (of 433)

Rank in course/Women: 80 (of 82)

Best time in course: 1:53:56

Rank in category: 2(of 2)

Best time in the category: 2:56:48

| 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 | 40:40 | 9:55 | 2 | 7:35 | 82 | 20:00 | 4.10 | 40:40 | 9:55 | 2 | 7:35 | 82 | 20:00 |
| Plessenburg | 2.40 | 21:27 | 8:56 | 2 | 3:05 | 82 | 10:08 | 6.50 | 1:02:07 | 9:33 | 2 | 10:40 | 82 | 30:08 |
| Oehrenfeld | 3.40 | 25:41 | 7:33 | 2 | 6:50 | 81 | 12:49 | 9.90 | 1:27:48 | 8:52 | 2 | 17:30 | 82 | 42:30 |
| Ilsestein | 4.80 | 47:38 | 9:55 | 2 | 7:23 | 79 | 23:25 | 14.70 | 2:15:26 | 9:12 | 2 | 24:53 | 82 | 1:05:55 |
| Plessenburg | 2.30 | 23:03 | 10:01 | 2 | 4:15 | 78 | 11:28 | 17.00 | 2:38:29 | 9:19 | 2 | 29:08 | 80 | 1:17:23 |
| Oehrenfeld | 3.40 | 27:15 | 8:00 | 2 | 9:07 | 79 | 13:53 | 20.40 | 3:05:44 | 9:06 | 2 | 38:15 | 81 | 1:31:16 |
| Ilseburg/Markt | 4.50 | 40:30 | 9:00 | 2 | 11:11 | 80 | 21:02 | 24.90 | 3:46:14 | 9:05 | 2 | 49:26 | 80 | 1:52:18 |