



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