



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Walker, Nadja

Club: Hamburg
Number: 405

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 2:32:05

Speed: 10.34 km/h
Running performance: 5:48 min/km

Rank in course/Total: 160 (of 456)

Rank in course/Women: 10 (of 57)

Best time in course: 2:11:42

Rank in category: 2(of 5)

Best time in the category: 2:18:44

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
Loddenke	3.30	17:18	5:14	2	0:56	8	1:37	3.30	17:18	5:14	2	0:56	39	
Schlüsie	3.10	18:59	6:07	2	0:47	5	1:35	6.40	36:17	5:40	2	1:43	39	
Hermannsklippe	2.60	17:32	6:44	2	0:32	9	2:16	9.00	53:49	5:58	2	2:15	39	
Brocken	3.10	33:19	10:44	4	4:31	27	8:54	12.10	1:27:08	7:12	2	6:46	39	
Eiserner Handwe	3.60	17:18	4:48	2	1:18	8	1:27	15.70	1:44:26	6:39	2	8:04	39	
Schlüsie	4.10	16:39	4:03	2	1:44	7	2:16	19.80	2:01:05	6:06	2	9:48	39	
Loddenke	3.10	14:41	4:44	2	2:07	18	2:26	22.90	2:15:46	5:55	2	11:55	39	
Ilseburg/Markt	3.30	16:19	4:56	3	1:26	17	2:59	26.20	2:32:05	5:48	2	13:21	10	20:23