



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Gauert, Nasira

Club: Braunschweig  
Number: 56

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:51:30

Speed: 9.10 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 294 (of 456)

Rank in course/Women: 29 (of 57)

Best time in course: 2:11:42

Rank in category: 5(of 13)

Best time in the category: 2:27:27

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	20:53	6:19	6	2:19	34	5:12	3.30	20:53	6:19	5	2:19	16	
Schlüsie	3.10	22:37	7:17	6	2:35	33	5:13	6.40	43:30	6:47	5	4:54	3	
Hermannsklippe	2.60	21:14	8:09	6	3:00	38	5:58	9.00	1:04:44	7:11	5	7:54	16	
Brocken	3.10	35:19	11:23	6	4:59	38	10:54	12.10	1:40:03	8:16	5	12:52	16	
Eiserner Handwe	3.60	19:10	5:19	3	2:48	19	3:19	15.70	1:59:13	7:35	5	15:40	16	
Schlüsie	4.10	18:05	4:24	4	2:19	16	3:42	19.80	2:17:18	6:56	5	17:59	16	
Loddenke	3.10	15:39	5:02	6	2:26	27	3:24	22.90	2:32:57	6:40	5	20:25	16	
Ilseburg/Markt	3.30	18:33	5:37	8	3:38	38	5:13	26.20	2:51:30	6:32	5	24:03	29	39:48