



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Nagel, Julia

Club: Salzgitter
Number: 581

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:02:12

Speed: 8.68 km/h
Running performance: 6:29 min/km

Rank in course/Total: 155 (of 175)

Rank in course/Women: 40 (of 56)

Best time in course: 40:35

Rank in category: 6(of 6)

Best time in the category: 51:57

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	31:08	7:35	6	4:51	39	11:15	4.10	31:08	7:35	6	4:36	1	-
Loddenke	2.20	13:14	6:00	5	2:53	40	5:06	6.30	44:22	7:02	6	7:29	13	0:01
Ilseburg/Markt	3.30	17:50	5:24	6	2:46	37	5:16	9.60	1:02:12	6:28	6	10:15	41	21:37