



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Alberti, Nicole

Club: Brockenlaufverein
Number: 677

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 46:32
Speed: 11.60 km/h
Running performance: 4:51 min/km
Rank in course/Total: 28 (of 175)
Rank in course/Women: 3 (of 56)
Best time in course: 40:35
Rank in category: 1(of 6)
Best time in the category: 46:32

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	23:08	5:38	1	-	3	3:15	4.10	23:08	5:38	1	-	31		
Loddenke	2.20	9:24	4:16	1	-	3	1:16	6.30	32:32	5:09	1	-	31		
Ilseburg/Markt	3.30	14:00	4:14	2	0:10	4	1:26	9.60	46:32	4:50	1	-	3	5:57	