



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Gauert, Nasira

Club: Braunschweig
Number: 184

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 3:10:21

Speed: 8.26 km/h

Rank in course/Total: 483 (of 532)

Rank in course/Women: 67 (of 80)

Best time in course: 2:06:25

Rank in category: 14(of 18)

Best time in the category: 2:15:37

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	21:24	9.25	11	5:06	45	6:17	3.30	21:24	9.25	11	5:06	45	6:17
Schlüsie	3.10	25:39	7.25	15	7:20	67	8:32	6.40	47:03	8.16	14	12:26	59	14:49
Hermannsklippe	2.60	23:38	6.60	14	7:12	69	8:11	9.00	1:10:41	7.64	14	19:38	63	23:00
Brocken	3.10	39:45	4.68	16	12:48	74	14:57	12.10	1:50:26	6.57	14	32:26	68	37:57
Eiserner Handwe	3.60	21:42	9.95	14	6:35	55	6:47	15.70	2:12:08	7.13	14	39:01	68	44:44
Schlüsie	4.10	21:37	11.38	14	6:20	54	7:40	19.80	2:33:45	7.73	14	45:21	68	52:24
Loddenke	3.10	17:53	10.40	14	5:16	63	6:28	22.90	2:51:38	8.01	14	50:37	68	58:38
Ilseburg/Markt	3.30	18:43	10.58	14	4:07	56	5:33	26.20	3:10:21	8.26	14	54:44	67	1:03:56