



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

NUCKEL, Sandra

Club: AroundTheWorld2017
Number: 654

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 54:48
Speed: 9.85 km/h
Running performance: 5:43 min/km
Rank in course/Total: 97 (of 181)
Rank in course/Women: 18 (of 61)
Best time in course: 40:44
Rank in category: 4(of 10)
Best time in the category: 41:30

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	28:15	6:53	4	7:27	23	8:08	4.10	28:15	6:53	3	7:27	22	8:08
Loddenke	2.20	11:37	5:16	8	3:26	32	3:26	6.30	39:52	6:19	7	10:53	26	11:32
Ilseburg/Markt	3.30	14:56	4:31	2	2:25	10	2:32	9.60	54:48	5:42	4	13:18	18	14:04