



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

Nagel, Julia

Club: Salzgitter
Number: 617

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:03:10

Speed: 8.55 km/h
Running performance: 6:35 min/km

Rank in course/Total: 156 (of 181)

Rank in course/Women: 46 (of 61)

Best time in course: 40:44

Rank in category: 7(of 9)

Best time in the category: 41:48

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	31:00	7:33	7	10:30	45	10:53	4.10	31:00	7:33	7	10:30	45	10:53
Loddenke	2.20	13:48	6:16	7	5:27	50	5:37	6.30	44:48	7:06	6	15:57	45	16:28
Ilseburg/Markt	3.30	18:22	5:33	7	5:25	47	5:58	9.60	1:03:10	6:34	7	21:22	46	22:26