



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: 9.12 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 |