



48. Brockenlauf
 Ilsenburg / 01.09.2018

Detailed evaluation

Koch, Nadine

Club: FTSV Heckershausen
 Number: 215

Course: 26.20 km
 26,2 km - Lauf

Category:
 Seniorinnen W35 (35-39 Jahre)

Total time: 2:35:11

Speed: 10.05 km/h
 Running performance: 5:55 min/km

Rank in course/Total: 194 (of 506)

Rank in course/Women: 18 (of 90)

Best time in course: 2:00:04

Rank in category: 1(of 6)

Best time in the category: 2:35:11

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Loddenke	3.30	18:08	5:29	1	-	10	3:27	3.30	18:08	5:29	1	-	10	3:27
Bremer Hütte	2.40	16:52	7:01	1	-	20	3:51	5.70	35:00	6:08	1	-	14	7:18
Hermannsklippe	3.30	22:53	6:56	1	-	19	4:47	9.00	57:53	6:25	1	-	18	12:05
Brocken	3.10	32:26	10:27	3	0:37	34	8:59	12.10	1:30:19	7:27	1	-	22	20:50
Eiserner Handwe	3.60	17:27	4:50	1	-	9	4:06	15.70	1:47:46	6:51	1	-	18	24:56
Bremer Hütte	4.10	21:03	5:08	1	-	14	4:37	19.80	2:08:49	6:30	1	-	18	29:33
Loddenke	3.10	10:55	3:31	1	-	12	2:17	22.90	2:19:44	6:06	1	-	18	31:50
Ilsenburg/Markt	3.30	15:27	4:40	1	-	13	3:17	26.20	2:35:11	5:55	1	-	18	35:07