



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Risse, Nicole

Club: Ilseburg
Number: 296

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:53:48

Speed: 8.98 km/h
Running performance: 6:38 min/km

Rank in course/Total: 346 (of 506)

Rank in course/Women: 43 (of 90)

Best time in course: 2:00:04

Rank in category: 7(of 15)

Best time in the category: 2:11:37

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	20:50	6:18	8	5:04	42	6:09	3.30	20:50	6:18	8	5:04	42	6:09
Bremer Hütte	2.40	18:15	7:36	5	4:03	37	5:14	5.70	39:05	6:51	6	9:07	40	11:23
Hermannsklippe	3.30	24:57	7:33	8	5:52	41	6:51	9.00	1:04:02	7:06	8	14:59	44	18:14
Brocken	3.10	31:30	10:09	5	6:48	24	8:03	12.10	1:35:32	7:53	6	21:47	34	26:03
Eiserner Handwe	3.60	20:05	5:34	6	4:15	37	6:44	15.70	1:55:37	7:21	6	26:02	32	32:47
Bremer Hütte	4.10	25:34	6:14	8	7:16	63	9:08	19.80	2:21:11	7:07	7	33:18	38	41:55
Loddenke	3.10	12:47	4:07	7	3:19	44	4:09	22.90	2:33:58	6:43	7	36:37	39	46:04
Ilseburg/Markt	3.30	19:50	6:00	12	5:34	67	7:40	26.20	2:53:48	6:38	7	42:11	43	53:44