



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Gauert, Nasira

Club: TSV Neindorf
Number: 132

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 3:18:36

Speed: 7.92 km/h
Running performance: 7:35 min/km

Rank in course/Total: 450 (of 506)

Rank in course/Women: 71 (of 90)

Best time in course: 2:00:04

Rank in category: 13(of 16)

Best time in the category: 2:23:48

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
Loddenke	3.30	23:47	7:12	13	4:59	72	9:06	3.30	23:47	7:12	13	4:59	72	9:06
Bremer Hütte	2.40	22:15	9:16	13	7:00	75	9:14	5.70	46:02	8:04	14	11:59	79	18:20
Hermannsklippe	3.30	29:56	9:04	16	9:10	84	11:50	9.00	1:15:58	8:26	16	21:09	85	30:10
Brocken	3.10	43:33	14:02	16	16:14	87	20:06	12.10	1:59:31	9:52	16	37:23	85	50:02
Eiserner Handweg	3.60	21:35	5:59	9	4:30	53	8:14	15.70	2:21:06	8:59	15	41:53	81	58:16
Bremer Hütte	4.10	23:59	5:50	7	4:27	49	7:33	19.80	2:45:05	8:20	13	46:20	75	1:05:49
Loddenke	3.10	13:39	4:24	13	2:56	63	5:01	22.90	2:58:44	7:48	13	49:16	73	1:10:50
Ilseburg/Markt	3.30	19:52	6:01	13	5:32	68	7:42	26.20	3:18:36	7:34	13	54:48	71	1:18:32