



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Letford, Nicole

Club: NotFastJustFurious
Number: 303

Course: 26.20 km
26,2 km - Lauf

Category:
Frauen (20-29 Jahre)

Total time: 3:38:45

Speed: 7.13 km/h
Running performance: 8:21 min/km

Rank in course/Total: 558 (of 581)

Rank in course/Women: 96 (of 106)

Best time in course: 2:08:56

Rank in category: 14(of 14)

Best time in the category: 2:20:22

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	24:36	7:27	13	8:48	92	8:48	3.30	24:36	7:27	13	8:48	92	8:48
Schlüsie	3.10	28:50	9:18	12	10:18	96	12:15	6.40	53:26	8:20	12	19:06	95	20:58
Hermannsklippe	2.60	25:17	9:43	12	8:51	92	10:42	9.00	1:18:43	8:44	13	27:57	96	31:40
Brocken	3.10	40:28	13:03	13	12:03	89	16:19	12.10	1:59:11	9:50	13	40:00	95	47:52
Eiserner Handwe	3.60	28:45	7:59	14	12:51	102	13:33	15.70	2:27:56	9:25	14	52:51	97	1:01:25
Schlüsie	4.10	28:20	6:54	14	11:57	102	13:14	19.80	2:56:16	8:54	14	1:04:48	97	1:14:39
Loddenke	3.10	20:27	6:35	14	6:59	92	8:20	22.90	3:16:43	8:35	14	1:11:47	96	1:22:59
Ilseburg/Markt	3.30	22:02	6:40	13	6:41	91	8:02	26.20	3:38:45	8:20	14	1:18:23	96	1:29:49