



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Schäfer-Schander, Nadja

Club: Kassel
Number: 430

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:43:53

Speed: 9.52 km/h
Running performance: 6:16 min/km

Rank in course/Total: 308 (of 581)

Rank in course/Women: 21 (of 106)

Best time in course: 2:08:56

Rank in category: 3(of 11)

Best time in the category: 2:08:56

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	19:24	5:52	5	3:31	16	3:36	3.30	19:24	5:52	5	3:31	16	3:36
Schlüsie	3.10	22:43	7:19	6	6:08	34	6:08	6.40	42:07	6:34	5	9:39	26	9:39
Hermannsklippe	2.60	20:48	8:00	6	6:13	40	6:13	9.00	1:02:55	6:59	5	15:52	29	15:52
Brocken	3.10	33:52	10:55	4	9:36	35	9:43	12.10	1:36:47	7:59	5	25:28	34	25:28
Eiserner Handwe	3.60	18:02	5:00	3	2:50	11	2:50	15.70	1:54:49	7:18	4	28:18	25	28:18
Schlüsie	4.10	17:47	4:20	3	2:41	11	2:41	19.80	2:12:36	6:41	4	30:59	23	30:59
Loddenke	3.10	14:25	4:39	3	2:18	17	2:18	22.90	2:27:01	6:25	3	33:17	22	33:17
Ilseburg/Markt	3.30	16:52	5:06	3	1:47	26	2:52	26.20	2:43:53	6:15	3	34:57	21	34:57