



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Kuse, Nicole

Club: TuS Xanten
Number: 292

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:45:00

Speed: 9.45 km/h
Running performance: 6:18 min/km

Rank in course/Total: 319 (of 581)

Rank in course/Women: 26 (of 106)

Best time in course: 2:08:56

Rank in category: 7(of 26)

Best time in the category: 2:19:04

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	21:03	6:22	9	4:33	38	5:15	3.30	21:03	6:22	9	4:33	38	5:15
Schlüsie	3.10	21:20	6:52	5	3:09	18	4:45	6.40	42:23	6:37	7	7:42	29	9:55
Hermannsklippe	2.60	18:35	7:08	5	2:22	15	4:00	9.00	1:00:58	6:46	5	10:04	22	13:55
Brocken	3.10	32:30	10:29	6	5:20	24	8:21	12.10	1:33:28	7:43	5	14:52	19	22:09
Eiserner Handwe	3.60	20:42	5:45	10	4:43	40	5:30	15.70	1:54:10	7:16	5	19:35	21	27:39
Schlüsie	4.10	19:08	4:40	8	2:42	29	4:02	19.80	2:13:18	6:43	7	22:17	25	31:41
Loddenke	3.10	14:52	4:47	7	1:40	25	2:45	22.90	2:28:10	6:28	6	23:57	24	34:26
Ilseburg/Markt	3.30	16:50	5:06	7	1:59	25	2:50	26.20	2:45:00	6:17	7	25:56	26	36:04