



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Brand, Nicole

Club: Pattensen
Number: 79

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 3:16:46

Speed: 7.93 km/h
Running performance: 7:31 min/km

Rank in course/Total: 512 (of 581)

Rank in course/Women: 78 (of 106)

Best time in course: 2:08:56

Rank in category: 4(of 6)

Best time in the category: 2:36:48

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	25:10	7:37	6	7:24	100	9:22	3.30	25:10	7:37	6	7:24	100	9:22
Schlüsie	3.10	27:01	8:42	5	6:23	88	10:26	6.40	52:11	8:09	5	13:47	93	19:43
Hermannsklippe	2.60	22:53	8:48	4	4:40	67	8:18	9.00	1:15:04	8:20	4	17:54	88	28:01
Brocken	3.10	37:00	11:56	4	5:37	63	12:51	12.10	1:52:04	9:15	4	23:31	76	40:45
Eiserner Handwe	3.60	25:54	7:11	5	8:01	89	10:42	15.70	2:17:58	8:47	4	31:32	80	51:27
Schlüsie	4.10	23:43	5:47	4	6:06	77	8:37	19.80	2:41:41	8:09	4	37:38	83	1:00:04
Loddenke	3.10	17:33	5:39	3	3:53	68	5:26	22.90	2:59:14	7:49	4	39:59	81	1:05:30
Ilseburg/Markt	3.30	17:32	5:18	2	2:04	35	3:32	26.20	3:16:46	7:30	4	39:58	78	1:07:50