



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Schäfer-Schander, Nadja

Club: Kassel
Number: 383

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:42:22

Speed: 9.61 km/h
Running performance: 6:12 min/km

Rank in course/Total: 248 (of 467)

Rank in course/Women: 23 (of 80)

Best time in course: 2:03:14

Rank in category: 5(of 15)

Best time in the category: 2:28:06

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	19:21	5:51	4	1:00	19	4:26	3.30	19:21	5:51	16	1:00	81	4:26
Schlüsie	3.10	22:32	7:16	10	2:58	33	5:49	6.40	41:53	6:32	16	3:58	81	10:15
Hermannsklippe	2.60	20:38	7:56	11	3:38	38	5:54	9.00	1:02:31	6:56	16	7:36	81	16:09
Brocken	3.10	33:21	10:45	9	3:43	34	8:41	12.10	1:35:52	7:55	16	11:10	81	24:50
Eiserner Handwe	3.60	17:56	4:58	3	0:57	13	3:26	15.70	1:53:48	7:14	16	12:07	81	28:16
Schlüsie	4.10	17:25	4:14	3	0:42	17	3:29	19.80	2:11:13	6:37	16	12:49	81	31:45
Loddenke	3.10	14:28	4:40	5	1:05	20	3:04	22.90	2:25:41	6:21	16	12:52	80	34:49
Ilseburg/Markt	3.30	16:41	5:03	6	2:01	26	4:19	26.20	2:42:22	6:11	5	14:16	23	39:08