



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Jakob, Nicole

Club: Wolmirstedter Kanuverein  
Number: 700

Course: 9.60 km  
9,6 km - Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 51:54

Speed: 11.10 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 52 (of 148)

Rank in course/Women: 10 (of 54)

Best time in course: 42:53

Rank in category: 2(of 7)

Best time in the category: 42:53

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
Ilsestein	4.10	26:07	6:22	2	5:04	10	5:04	4.10	26:07	6:22	8	5:04	55	5:04
Loddenke	2.20	10:28	4:45	2	2:04	12	2:04	6.30	36:35	5:48	8	7:08	55	7:08
Ilseburg/Markt	3.30	15:19	4:38	2	1:53	12	1:53	9.60	51:54	5:24	2	9:01	10	9:01