



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Risse, Nicole

Club: Brockenlaufverein
Number: 758

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 54:18

Speed: 9.94 km/h
Running performance: 5:40 min/km

Rank in course/Total: 66 (of 148)

Rank in course/Women: 16 (of 54)

Best time in course: 42:53

Rank in category: 3(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	27:50	6:47	3	6:47	15	6:47	4.10	27:50	6:47	8	6:47	55	6:47
Loddenke	2.20	10:49	4:54	3	2:25	14	2:25	6.30	38:39	6:08	8	9:12	55	9:12
Ilseburg/Markt	3.30	15:39	4:44	3	2:13	16	2:13	9.60	54:18	5:39	3	11:25	16	11:25