



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Risse, Nicole

Club: Brockenlaufverein
Number: 655

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 51:00

Speed: 10.59 km/h
Running performance: 5:19 min/km

Rank in course/Total: 47 (of 147)

Rank in course/Women: 9 (of 57)

Best time in course: 41:37

Rank in category: 2(of 9)

Best time in the category: 46:00

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	25:43	6:16	2	3:01	8	5:17	4.10	25:43	6:16	2	3:01	8	5:17
Loddenke	2.20	9:52	4:29	2	0:56	8	1:42	6.30	35:35	5:38	2	3:57	9	6:59
Ilseburg/Markt	3.30	15:25	4:40	3	1:03	10	2:24	9.60	51:00	5:18	2	5:00	9	9:23