



51. Brockenlauf
Ilseburg / 03.09.2022

Detailed evaluation

Schäfer-Schander, Nadja

Club: Kassel
Number: 4

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:39:24

Speed: 9.79 km/h
Running performance: 6:05 min/km

Rank in course/Total: 180 (of 418)

Rank in course/Women: 20 (of 82)

Best time in course: 2:03:06

Rank in category: 7(of 16)

Best time in the category: 2:13:30

| 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 | 18:29 | 5:36 | 4 | 1:45 | 14 | 3:36 | 3.30 | 18:29 | 5:36 | 4 | 1:45 | 14 | 3:36 |
| Schlüsie | 3.10 | 22:08 | 7:08 | 8 | 3:45 | 29 | 5:49 | 6.40 | 40:37 | 6:20 | 6 | 5:05 | 21 | 9:25 |
| Hermannsklippe | 2.60 | 20:13 | 7:46 | 9 | 4:07 | 32 | 5:48 | 9.00 | 1:00:50 | 6:45 | 7 | 9:12 | 22 | 15:13 |
| Brocken | 3.10 | 33:07 | 10:40 | 9 | 7:21 | 34 | 10:17 | 12.10 | 1:33:57 | 7:45 | 8 | 16:27 | 29 | 25:30 |
| Eiserner Handwe | 3.60 | 17:58 | 4:59 | 5 | 2:39 | 13 | 2:55 | 15.70 | 1:51:55 | 7:07 | 7 | 19:06 | 23 | 28:25 |
| Schlüsie | 4.10 | 16:34 | 4:02 | 6 | 2:29 | 12 | 2:38 | 19.80 | 2:08:29 | 6:29 | 7 | 21:35 | 22 | 30:08 |
| Loddenke | 3.10 | 14:24 | 4:38 | 4 | 0:57 | 12 | 2:40 | 22.90 | 2:22:53 | 6:14 | 4 | 10:24 | 16 | 29:50 |
| Ilseburg/Markt | 3.30 | 16:31 | 5:00 | 4 | 1:24 | 18 | 3:27 | 26.20 | 2:39:24 | 6:05 | 7 | 25:54 | 20 | 36:18 |