



51. Brockenlauf  
Ilseburg / 03.09.2022

Detailed evaluation

Gauert, Nasira

Club: Wolfsburg  
Number: 131

Course: 26.20 km  
26,2 km - Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 3:09:16

Speed: 8.24 km/h  
Running performance: 7:13 min/km

Rank in course/Total: 347 (of 418)

Rank in course/Women: 55 (of 82)

Best time in course: 2:03:06

Rank in category: 6(of 8)

Best time in the category: 2:38:40

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	23:24	7:05	7	4:12	66	8:31	3.30	23:24	7:05	7	4:12	66	8:31
Schlüsie	3.10	26:37	8:35	7	5:17	65	10:18	6.40	50:01	7:48	7	9:29	67	18:49
Hermannsklippe	2.60	25:25	9:46	8	7:07	73	11:00	9.00	1:15:26	8:22	8	14:31	72	29:49
Brocken	3.10	39:18	12:40	7	10:52	68	16:28	12.10	1:54:44	9:28	7	24:37	68	46:17
Eiserner Handwe	3.60	21:39	6:00	5	2:32	47	6:36	15.70	2:16:23	8:41	7	27:09	66	52:53
Schlüsie	4.10	18:59	4:37	2	0:36	25	5:03	19.80	2:35:22	7:50	6	27:45	61	57:01
Loddenke	3.10	15:59	5:09	2	1:05	29	4:15	22.90	2:51:21	7:28	5	28:50	50	58:18
Ilseburg/Markt	3.30	17:55	5:25	2	1:46	33	4:51	26.20	3:09:16	7:13	6	30:36	55	1:06:10