



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Jakob, Nicole

Club: Wolmirstedter Kanu Verein e.V.
Number: 645

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 51:32

Speed: 10.48 km/h
Running performance: 5:22 min/km

Rank in course/Total: 60 (of 169)

Rank in course/Women: 15 (of 68)

Best time in course: 40:17

Rank in category: 3(of 12)

Best time in the category: 45:59

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	4	3:24	15	5:29	4.10	26:07	6:22	4	3:24	15	5:29
Loddenke	2.20	10:18	4:40	4	1:10	20	2:27	6.30	36:25	5:46	3	4:34	17	7:56
Ilseburg/Markt	3.30	15:07	4:34	3	0:59	13	3:19	9.60	51:32	5:22	3	5:33	15	11:15