



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: 11.18 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 | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total | | Total ranking | |
|----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
| | | | | | | 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 | |