



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Alberti, Nicole

Club: BLV

Number: 786

Course: 9.60 km

9,6 km - Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 52:40

Speed: 10.25 km/h

Running performance: 5:29 min/km

Rank in course/Total: 66 (of 169)

Rank in course/Women: 19 (of 68)

Best time in course: 40:17

Rank in category: 4(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	26:04	6:21	3	3:21	14	5:26	4.10	26:04	6:21	3	3:21	14	5:26
Loddenke	2.20	10:27	4:44	5	1:19	22	2:36	6.30	36:31	5:47	4	4:40	19	8:02
Ilseburg/Markt	3.30	16:09	4:53	6	2:01	26	4:21	9.60	52:40	5:29	4	6:41	19	12:23