



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Risse, Nicole

Club: Brockenlaufverein
Number: 695

Course: 9.60 km
9,6 km - Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 54:01

Speed: 10.00 km/h
Running performance: 5:38 min/km

Rank in course/Total: 83 (of 169)

Rank in course/Women: 24 (of 68)

Best time in course: 40:17

Rank in category: 6(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Ilsestein	4.10	28:01	6:50	6	5:18	29	7:23	4.10	28:01	6:50	6	5:18	29	7:23
Loddenke	2.20	10:10	4:37	3	1:02	17	2:19	6.30	38:11	6:03	6	6:20	25	9:42
Ilseburg/Markt	3.30	15:50	4:47	4	1:42	20	4:02	9.60	54:01	5:37	6	8:02	24	13:44