



52. Brockenlauf

Ilseburg / 02.09.2023

Detailed evaluation

Koch, Nadja

Club: SCC Scharmede
Number: 536

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:09:46

Speed: 12.02 km/h
Running performance: 4:57 min/km

Rank in course/Total: 44 (of 537)

Rank in course/Women: 5 (of 97)

Best time in course: 2:02:52

Rank in category: 2(of 15)

Best time in the category: 2:02:52

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
Loddenke	3.30	15:35	4:43	1	-	2	0:36	3.30	15:35	4:43	1	-	2	0:36
Schlüsie	3.10	17:12	5:32	2	0:28	4	0:28	6.40	32:47	5:07	2	0:28	4	0:53
Hermannsklippe	2.60	14:57	5:44	2	0:31	4	0:31	9.00	47:44	5:18	2	0:59	4	0:59
Brocken	3.10	22:45	7:20	2	0:04	2	0:04	12.10	1:10:29	5:49	2	1:03	3	1:03
Eiserner Handwe	3.60	16:00	4:26	2	1:02	7	1:39	15.70	1:26:29	5:30	2	2:05	4	2:05
Schlüsie	4.10	16:28	4:00	2	1:51	7	2:58	19.80	1:42:57	5:11	2	3:56	5	3:56
Loddenke	3.10	13:04	4:12	2	1:48	8	1:48	22.90	1:56:01	5:03	2	5:44	5	5:44
Ilseburg/Markt	3.30	13:45	4:10	2	1:10	6	1:10	26.20	2:09:46	4:57	2	6:54	5	6:54