



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Nieklauson-Lehnert, Sandra

Club: Magdeburg
Number: 550

Course: 26.20 km
26,2 km - Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 3:03:06

Speed: 8.52 km/h
Running performance: 6:59 min/km

Rank in course/Total: 419 (of 537)

Rank in course/Women: 61 (of 97)

Best time in course: 2:02:52

Rank in category: 11(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	22:28	6:48	13	6:53	67	7:29	3.30	22:28	6:48	13	6:53	67	7:29
Schlüsie	3.10	25:15	8:08	12	8:31	71	8:31	6.40	47:43	7:27	12	15:24	70	15:49
Hermannsklippe	2.60	22:54	8:48	11	8:28	68	8:28	9.00	1:10:37	7:50	12	23:52	71	23:52
Brocken	3.10	38:35	12:26	14	15:54	80	15:54	12.10	1:49:12	9:01	12	39:46	72	39:46
Eiserner Handwe	3.60	21:01	5:50	9	6:03	48	6:40	15.70	2:10:13	8:17	11	45:49	68	45:49
Schlüsie	4.10	19:13	4:41	7	4:36	38	5:43	19.80	2:29:26	7:32	11	50:25	63	50:25
Loddenke	3.10	15:26	4:58	5	4:10	32	4:10	22.90	2:44:52	7:11	11	54:35	61	54:35
Ilseburg/Markt	3.30	18:14	5:31	10	5:39	57	5:39	26.20	3:03:06	6:59	11	1:00:14	61	1:00:14