



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Nitzsche, Kai

Club: TSV 1872 Pobershau
Number: 256

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:43:27

Speed: 9.54 km/h
Running performance: 6:14 min/km

Rank in course/Total: 263 (of 492)

Rank in course/Men: 235 (of 415)

Best time in course: 1:38:33

Rank in category: 25(of 36)

Best time in the category: 1:53:17

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:21	6:10	28	6:01	285	8:29	3.30	20:21	6:10	7		243	0:45
Schlüsie	3.10	21:13	6:50	27	5:17	253	8:15	6.40	41:34	6:29	7		242	16:44
Hermannsklippe	2.60	19:34	7:31	27	6:05	263	8:03	9.00	1:01:08	6:47	7		242	24:47
Brocken	3.10	30:01	9:40	24	8:46	191	12:11	12.10	1:31:09	7:31	7		242	36:58
Eiserner Handwe	3.60	20:55	5:48	31	7:43	295	8:53	15.70	1:52:04	7:08	7		242	45:51
Schlüsie	4.10	20:22	4:58	29	7:40	302	8:52	19.80	2:12:26	6:41	7	1:17	242	54:43
Loddenke	3.10	14:58	4:49	16	4:34	202	5:08	22.90	2:27:24	6:26	7	0:10	242	59:51
Ilseburg/Markt	3.30	16:03	4:51	16	4:38	169	7:31	26.20	2:43:27	6:14	26	50:10	245	1:04:54