



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Vespermann, Nils

Club: TriAs Hildesheim
Number: 460

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:29:01

Speed: 10.47 km/h

Rank in course/Total: 190 (of 532)

Rank in course/Men: 181 (of 452)

Best time in course: 1:36:15

Rank in category: 21(of 39)

Best time in the category: 1:51:38

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	20:02	8.99	27	6:19	274	8:16	3.30	20:02	8.99	27	6:19	274	8:16
Schlüsie	3.10	20:00	9.00	21	4:44	191	7:05	6.40	40:02	8.99	25	11:00	234	15:21
Hermannsklippe	2.60	17:35	6.82	22	4:29	186	6:20	9.00	57:37	9.37	23	15:29	215	21:41
Brocken	3.10	28:44	6.26	22	8:36	199	11:32	12.10	1:26:21	8.34	22	23:56	207	33:13
Eiserner Handwe	3.60	17:16	10.42	17	4:24	158	5:39	15.70	1:43:37	8.69	21	28:20	194	38:52
Schlüsie	4.10	16:13	14.80	12	3:16	128	4:47	19.80	1:59:50	9.51	21	31:36	190	43:39
Loddenke	3.10	13:36	13.24	14	2:29	142	3:59	22.90	2:13:26	9.89	21	34:05	183	47:38
Ilseburg/Markt	3.30	15:35	11.55	17	3:18	188	5:08	26.20	2:29:01	10.47	21	37:23	181	52:46