



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Vespermann, Nils

Club: TriAs Hildesheim  
Number: 408

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:40:43

Speed: 9.71 km/h  
Running performance: 6:08 min/km

Rank in course/Total: 250 (of 529)

Rank in course/Men: 228 (of 447)

Best time in course: 1:39:39

Rank in category: 20(of 30)

Best time in the category: 1:39:39

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	19:27	5:53	22	9:50	220	9:50	3.30	19:27	5:53	22	9:50	220	9:50
Schlüsie	3.10	21:40	6:59	21	5:46	203	7:50	6.40	41:07	6:25	21	14:58	212	15:03
Hermannsklippe	2.60	17:24	6:41	14	5:43	132	5:43	9.00	58:31	6:30	20	20:41	191	20:41
Brocken	3.10	31:53	10:17	23	13:38	282	13:38	12.10	1:30:24	7:28	22	34:19	222	34:19
Eiserner Handwe	3.60	19:08	5:18	18	6:38	250	6:38	15.70	1:49:32	6:58	20	40:57	230	40:57
Schlüsie	4.10	19:23	4:43	23	6:57	268	6:59	19.80	2:08:55	6:30	21	47:54	231	47:54
Loddenke	3.10	15:14	4:54	21	4:54	237	4:54	22.90	2:24:09	6:17	20	52:48	231	52:48
Ilseburg/Markt	3.30	16:34	5:01	18	8:16	213	8:16	26.20	2:40:43	6:08	20	1:01:04	228	1:01:04