



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Biene, Nils

Club: Ocr heidesprinter
Number: 592

Course: 26.20 km
26,2 km - Lauf

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 3:06:16

Speed: 8.38 km/h
Running performance: 7:07 min/km

Rank in course/Total: 423 (of 529)

Rank in course/Men: 369 (of 447)

Best time in course: 1:39:39

Rank in category: 1(of 1)

Best time in the category: 3:06:16

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	23:21	7:04	1	-	410	13:44	3.30	23:21	7:04	1	-	410	13:44
Schlüsie	3.10	24:37	7:56	1	-	347	10:47	6.40	47:58	7:29	1	-	384	21:54
Hermannsklippe	2.60	20:26	7:51	1	-	328	8:45	9.00	1:08:24	7:36	1	-	367	30:34
Brocken	3.10	37:00	11:56	1	-	389	18:45	12.10	1:45:24	8:42	1	-	381	49:19
Eiserner Handwe	3.60	22:56	6:22	1	-	384	10:26	15.70	2:08:20	8:10	1	-	380	59:45
Schlüsie	4.10	22:57	5:35	1	-	390	10:33	19.80	2:31:17	7:38	1	-	380	1:10:16
Loddenke	3.10	18:10	5:51	1	-	374	7:50	22.90	2:49:27	7:23	1	-	379	1:18:06
Ilseburg/Markt	3.30	16:49	5:05	1	-	226	8:31	26.20	3:06:16	7:06	1	-	369	1:26:37