



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Peter, Nico

Club: Falkensee
Number: 389

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:09:28

Speed: 8.23 km/h
Running performance: 7:14 min/km

Rank in course/Total: 440 (of 529)

Rank in course/Men: 383 (of 447)

Best time in course: 1:39:39

Rank in category: 46(of 50)

Best time in the category: 1:56:54

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	19:45	5:59	28	5:41	247	10:08	3.30	19:45	5:59	28	5:41	247	10:08
Schlüsie	3.10	24:30	7:54	42	8:37	339	10:40	6.40	44:15	6:54	33	14:18	297	18:11
Hermannsklippe	2.60	24:27	9:24	50	10:51	424	12:46	9.00	1:08:42	7:38	46	25:09	371	30:52
Brocken	3.10	40:43	13:08	48	19:46	427	22:28	12.10	1:49:25	9:02	47	44:55	397	53:20
Eiserner Handwe	3.60	20:38	5:43	43	6:47	316	8:08	15.70	2:10:03	8:17	47	51:42	388	1:01:28
Schlüsie	4.10	22:19	5:26	46	9:03	374	9:55	19.80	2:32:22	7:41	47	1:00:45	387	1:11:21
Loddenke	3.10	18:37	6:00	48	6:59	380	8:17	22.90	2:50:59	7:27	46	1:07:34	385	1:19:38
Ilseburg/Markt	3.30	18:29	5:36	39	5:33	317	10:11	26.20	3:09:28	7:13	46	1:12:34	383	1:29:49