



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Nielsen, Jesper

Club: Köge
Number: 406

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:16:23

Speed: 7.94 km/h
Running performance: 7:30 min/km

Rank in course/Total: 463 (of 529)

Rank in course/Men: 401 (of 447)

Best time in course: 1:39:39

Rank in category: 71(of 75)

Best time in the category: 1:57:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	22:17	6:45	68	7:50	381	12:40	3.30	22:17	6:45	68	7:50	381	12:40
Schlüsie	3.10	27:30	8:52	73	11:40	419	13:40	6.40	49:47	7:46	72	19:30	407	23:43
Hermannsklippe	2.60	25:13	9:41	75	11:43	431	13:32	9.00	1:15:00	8:20	73	31:13	418	37:10
Brocken	3.10	37:33	12:06	72	16:17	400	19:18	12.10	1:52:33	9:18	73	47:30	417	56:28
Eiserner Handwe	3.60	21:16	5:54	62	7:47	337	8:46	15.70	2:13:49	8:31	71	55:17	407	1:05:14
Schlüsie	4.10	22:44	5:32	69	9:47	384	10:20	19.80	2:36:33	7:54	71	1:05:04	400	1:15:32
Loddenke	3.10	18:34	5:59	70	7:22	379	8:14	22.90	2:55:07	7:38	71	1:11:40	398	1:23:46
Ilseburg/Markt	3.30	21:16	6:26	70	8:36	387	12:58	26.20	3:16:23	7:29	71	1:18:41	401	1:36:44