



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Nitzschmann, Timo

Club: Hannover
Number: 246

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 3:23:06

Speed: 7.68 km/h
Running performance: 7:45 min/km

Rank in course/Total: 484 (of 529)

Rank in course/Men: 416 (of 447)

Best time in course: 1:39:39

Rank in category: 49(of 50)

Best time in the category: 1:56:54

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	22:20	6:46	44	8:16	383	12:43	3.30	22:20	6:46	44	8:16	383	12:43
Schlüsie	3.10	25:22	8:10	46	9:29	374	11:32	6.40	47:42	7:27	46	17:45	376	21:38
Hermannsklippe	2.60	22:43	8:44	47	9:07	391	11:02	9.00	1:10:25	7:49	47	26:52	388	32:35
Brocken	3.10	41:20	13:20	49	20:23	431	23:05	12.10	1:51:45	9:14	49	47:15	412	55:40
Eiserner Handwe	3.60	26:20	7:18	50	12:29	423	13:50	15.70	2:18:05	8:47	49	59:44	419	1:09:30
Schlüsie	4.10	23:20	5:41	48	10:04	398	10:56	19.80	2:41:25	8:09	49	1:09:48	419	1:20:24
Loddenke	3.10	17:39	5:41	45	6:01	365	7:19	22.90	2:59:04	7:49	49	1:15:39	408	1:27:43
Ilseburg/Markt	3.30	24:02	7:16	50	11:06	420	15:44	26.20	3:23:06	7:45	49	1:26:12	416	1:43:27