



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