



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

STRAUBE, Nico

Club: RunNic
Number: 440

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:09:57

Speed: 12.00 km/h
Running performance: 4:58 min/km

Rank in course/Total: 42 (of 500)

Rank in course/Men: 41 (of 423)

Best time in course: 1:35:36

Rank in category: 7(of 45)

Best time in the category: 1:55:09

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	16:20	4:56	14	2:25	69	4:21	3.30	16:20	4:56	14	2:25	69	4:21
Schlüsie	3.10	17:06	5:30	9	1:49	45	4:21	6.40	33:26	5:13	12	4:13	53	8:42
Hermannsklippe	2.60	14:44	5:39	5	1:21	34	3:33	9.00	48:10	5:21	9	5:29	44	12:15
Brocken	3.10	21:43	7:00	3	0:47	14	4:19	12.10	1:09:53	5:46	5	6:06	30	16:34
Eiserner Handwe	3.60	16:10	4:29	13	2:30	75	4:30	15.70	1:26:03	5:28	6	8:36	33	21:04
Schlüsie	4.10	16:09	3:56	17	2:37	102	5:08	19.80	1:42:12	5:09	7	11:10	36	26:12
Loddenke	3.10	13:24	4:19	18	2:29	124	4:08	22.90	1:55:36	5:02	7	12:53	39	30:20
Ilseburg/Markt	3.30	14:21	4:20	12	2:27	87	4:01	26.20	2:09:57	4:57	7	14:48	41	34:21