



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Vespermann, Nils

Club: Trias Hildesheim
Number: 522

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:21:50

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 90 (of 506)

Rank in course/Men: 86 (of 416)

Best time in course: 1:44:43

Rank in category: 14(of 45)

Best time in the category: 1:49:19

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	18:11	5:30	16	4:45	132	4:45	3.30	18:11	5:30	16	4:45	132	4:45
Bremer Hütte	2.40	15:05	6:17	19	3:59	103	3:59	5.70	33:16	5:50	17	8:44	114	8:44
Hermannsklippe	3.30	20:24	6:10	17	5:30	101	5:32	9.00	53:40	5:57	18	14:14	107	14:15
Brocken	3.10	26:37	8:35	18	7:37	91	8:16	12.10	1:20:17	6:38	18	21:51	101	22:31
Eiserner Handwe	3.60	16:52	4:41	13	3:47	92	4:20	15.70	1:37:09	6:11	15	24:54	88	26:51
Bremer Hütte	4.10	19:32	4:45	14	3:55	90	4:38	19.80	1:56:41	5:53	14	28:41	88	31:12
Loddenke	3.10	10:28	3:22	13	2:21	91	2:30	22.90	2:07:09	5:33	14	30:28	87	33:42
Ilseburg/Markt	3.30	14:41	4:26	15	3:12	86	3:25	26.20	2:21:50	5:24	14	32:31	86	37:07