



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Nierste, Rüdiger

Club: Hurricane Holsen
Number: 271

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 3:01:25

Speed: 8.60 km/h
Running performance: 6:55 min/km

Rank in course/Total: 400 (of 506)

Rank in course/Men: 344 (of 416)

Best time in course: 1:44:43

Rank in category: 58(of 72)

Best time in the category: 2:13:51

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	19:54	6:01	46	4:28	245	6:28	3.30	19:54	6:01	46	4:28	245	6:28
Bremer Hütte	2.40	17:54	7:27	50	3:58	293	6:48	5.70	37:48	6:37	52	7:12	272	13:16
Hermannsklippe	3.30	24:05	7:17	51	5:30	295	9:13	9.00	1:01:53	6:52	52	12:42	283	22:28
Brocken	3.10	33:24	10:46	55	9:25	310	15:03	12.10	1:35:17	7:52	52	22:07	295	37:31
Eiserner Handwe	3.60	20:14	5:37	42	4:41	242	7:42	15.70	1:55:31	7:21	50	25:56	287	45:13
Bremer Hütte	4.10	29:52	7:17	66	11:22	388	14:58	19.80	2:25:23	7:20	55	36:36	321	59:54
Loddenke	3.10	16:57	5:28	69	7:47	393	8:59	22.90	2:42:20	7:05	58	42:08	344	1:08:53
Ilseburg/Markt	3.30	19:05	5:46	57	5:57	339	7:49	26.20	3:01:25	6:55	58	47:34	344	1:16:42