



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Nagel, Pascal

Club: Hannover
Number: 500

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:02:00

Speed: 8.64 km/h
Running performance: 6:57 min/km

Rank in course/Total: 402 (of 506)

Rank in course/Men: 346 (of 416)

Best time in course: 1:44:43

Rank in category: 42(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	20:24	6:10	34	6:58	276	6:58	3.30	20:24	6:10	34	6:58	276	6:58
Bremer Hütte	2.40	17:36	7:20	36	6:30	275	6:30	5.70	38:00	6:40	37	13:28	279	13:28
Hermannsklippe	3.30	24:38	7:27	36	9:44	313	9:46	9.00	1:02:38	6:57	37	23:12	296	23:13
Brocken	3.10	35:00	11:17	41	16:00	346	16:39	12.10	1:37:38	8:04	38	39:12	313	39:52
Eiserner Handwe	3.60	23:37	6:33	40	10:32	362	11:05	15.70	2:01:15	7:43	40	49:00	327	50:57
Bremer Hütte	4.10	27:27	6:41	41	11:50	366	12:33	19.80	2:28:42	7:30	42	1:00:42	344	1:03:13
Loddenke	3.10	15:38	5:02	41	7:31	380	7:40	22.90	2:44:20	7:10	43	1:07:39	352	1:10:53
Ilseburg/Markt	3.30	17:40	5:21	32	6:11	271	6:24	26.20	3:02:00	6:56	43	1:12:41	347	1:17:17