



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Kiene, Nils

Club: OCR Heidesprinter  
Number: 483

Course: 26.20 km  
26,2 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 3:26:03

Speed: 7.63 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 470 (of 506)

Rank in course/Men: 391 (of 416)

Best time in course: 1:44:43

Rank in category: 27(of 29)

Best time in the category: 1:49:27

| 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     | 21:55      | 6:38         | 23          | 8:29        | 343     | 8:29       | 3.30          | 21:55      | 6:38         | 23       | 8:29        | 343     | 8:29       |
| Bremer Hütte       | 2.40     | 25:24      | 10:35        | 29          | 14:09       | 407     | 14:18      | 5.70          | 47:19      | 8:18         | 28       | 22:38       | 401     | 22:47      |
| Hermannsklippe     | 3.30     | 30:54      | 9:21         | 29          | 15:17       | 402     | 16:02      | 9.00          | 1:18:13    | 8:41         | 28       | 37:55       | 401     | 38:48      |
| Brocken            | 3.10     | 42:28      | 13:41        | 29          | 22:11       | 405     | 24:07      | 12.10         | 2:00:41    | 9:58         | 28       | 1:00:06     | 404     | 1:02:55    |
| Eiserner Handwe    | 3.60     | 25:55      | 7:11         | 26          | 12:48       | 386     | 13:23      | 15.70         | 2:26:36    | 9:20         | 28       | 1:12:54     | 401     | 1:16:18    |
| Bremer Hütte       | 4.10     | 24:57      | 6:05         | 25          | 10:03       | 324     | 10:03      | 19.80         | 2:51:33    | 8:39         | 28       | 1:22:57     | 394     | 1:26:04    |
| Loddenke           | 3.10     | 15:25      | 4:58         | 26          | 7:24        | 370     | 7:27       | 22.90         | 3:06:58    | 8:09         | 28       | 1:30:21     | 392     | 1:33:31    |
| Ilseburg/Markt     | 3.30     | 19:05      | 5:46         | 27          | 6:42        | 339     | 7:49       | 26.20         | 3:26:03    | 7:51         | 27       | 1:36:36     | 392     | 1:41:20    |