



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Wernicke, Nico

Club: OSC Potsdam Wasserball
Number: 556

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:57:23

Speed: 8.79 km/h
Running performance: 6:46 min/km

Rank in course/Total: 412 (of 581)

Rank in course/Men: 370 (of 475)

Best time in course: 1:39:32

Rank in category: 59(of 67)

Best time in the category: 1:39:32

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	22:52	6:55	62	9:47	420	9:48	3.30	22:52	6:55	62	9:47	420	9:48
Schlüsie	3.10	23:53	7:42	65	10:15	409	10:15	6.40	46:45	7:18	64	20:02	411	20:02
Hermannsklippe	2.60	20:48	8:00	60	9:24	378	9:24	9.00	1:07:33	7:30	64	29:26	413	29:26
Brocken	3.10	34:24	11:05	65	16:21	380	16:21	12.10	1:41:57	8:25	63	45:47	403	45:47
Eiserner Handwe	3.60	22:13	6:10	58	10:21	375	10:21	15.70	2:04:10	7:54	62	56:08	401	56:08
Schlüsie	4.10	20:46	5:03	55	9:12	358	9:12	19.80	2:24:56	7:19	62	1:05:20	389	1:05:20
Loddenke	3.10	15:24	4:58	46	6:05	294	6:05	22.90	2:40:20	7:00	61	1:11:25	382	1:11:25
Ilseburg/Markt	3.30	17:03	5:10	49	6:26	291	6:26	26.20	2:57:23	6:46	59	1:17:51	370	1:17:51