



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Nitschke, Felix

Club: BTHC - Abteilung Hockey
Number: 737

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:04

Speed: 12.50 km/h
Running performance: 4:48 min/km

Rank in course/Total: 20 (of 148)

Rank in course/Men: 19 (of 94)

Best time in course: 35:15

Rank in category: 6(of 13)

Best time in the category: 39:41

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
Ilsestein	4.10	23:30	5:43	7	3:32	26	6:00	4.10	23:30	5:43	14	3:32	95	6:00
Loddenke	2.20	9:02	4:06	4	1:12	15	2:03	6.30	32:32	5:09	14	4:42	94	8:03
Ilseburg/Markt	3.30	13:32	4:06	4	1:41	13	2:46	9.60	46:04	4:47	6	6:23	19	10:49