



50. Brockenlauf  
Ilseburg / 04.09.2021

Detailed evaluation

Abdelnabi, Nasser

Club: Kein  
Number: 783

Course: 9.60 km  
9,6 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 46:38

Speed: 12.35 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 25 (of 148)

Rank in course/Men: 23 (of 94)

Best time in course: 35:15

Rank in category: 4(of 11)

Best time in the category: 44:22

Intermediate times

Stage score

Total ranking

| Control        | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Ilsestein      | 4.10        | 23:36         | 5:45            | 5           | 1:16           | 27          | 6:06          | 4.10          | 23:36         | 5:45            | 12          | 1:16           | 95         | 6:06          |
| Loddenke       | 2.20        | 9:11          | 4:10            | 2           | 0:28           | 18          | 2:12          | 6.30          | 32:47         | 5:12            | 12          | 1:44           | 94         | 8:18          |
| Ilseburg/Markt | 3.30        | 13:51         | 4:11            | 3           | 0:32           | 20          | 3:05          | 9.60          | 46:38         | 4:51            | 4           | 2:16           | 23         | 11:23         |