



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: 11.58 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		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
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