



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Wernicke, Nico

Club: OSC Potsdam Wasserball
Number: 489

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:58:20

Speed: 8.75 km/h
Running performance: 6:49 min/km

Rank in course/Total: 342 (of 467)

Rank in course/Men: 302 (of 387)

Best time in course: 1:40:22

Rank in category: 50(of 59)

Best time in the category: 1:47:09

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	22:28	6:48	55	8:48	348	9:57	3.30	22:28	6:48	60	8:48	388	9:57
Schlüsie	3.10	24:11	7:48	54	9:39	334	11:07	6.40	46:39	7:17	60	18:27	388	21:03
Hermannsklippe	2.60	20:45	7:58	50	8:05	299	9:24	9.00	1:07:24	7:29	60	26:32	388	30:27
Brocken	3.10	35:13	11:21	52	15:20	316	17:26	12.10	1:42:37	8:28	60	41:41	388	47:53
Eiserner Handwe	3.60	20:58	5:49	46	8:10	269	8:38	15.70	2:03:35	7:52	60	49:51	388	56:30
Schlüsie	4.10	19:57	4:51	47	7:49	257	8:21	19.80	2:23:32	7:14	60	57:40	388	1:04:27
Loddenke	3.10	16:24	5:17	50	6:16	267	6:29	22.90	2:39:56	6:59	60	1:03:56	384	1:10:45
Ilseburg/Markt	3.30	18:24	5:34	46	7:15	286	7:36	26.20	2:58:20	6:48	50	1:11:11	302	1:17:58