



43. Brockenlauf
Ilseburg / 07.09.2013

Detailed evaluation

Nikulski, Jürgen

Club: TSV Bredelem
Number: 972

Course: 9.60 km
9,6 km - Wanderung

Category:
Männer

Total time: 1:18:05

Speed: 6.92 km/h
Running performance: 8:08 min/km

Rank in course/Total: 4 (of 20)

Rank in course/Men: 4 (of 10)

Best time in course: 1:05:28

Rank in category: 4(of 10)

Best time in the category: 1:05:28

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
Ilsestein	4.10	35:46	8:43	5	5:28	5	5:28	4.10	35:46	8:43	4	5:28	4	5:28
Loddenke	2.20	16:48	7:38	4	3:00	4	3:00	6.30	52:34	8:20	4	8:28	4	8:28
Ilseburg/Markt	3.30	25:31	7:43	3	4:09	3	4:09	9.60	1:18:05	8:08	4	12:37	4	12:37