



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Nikolaiczky, Andre

Club: Bad Münders
Number: 266

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:55

Speed: 10.92 km/h
Running performance: 5:27 min/km

Rank in course/Total: 91 (of 492)

Rank in course/Men: 88 (of 415)

Best time in course: 1:38:33

Rank in category: 14(of 67)

Best time in the category: 1:51:23

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	17:51	5:24	24	4:08	125	5:59	3.30	17:51	5:24	39		89	
Schlüsie	3.10	19:21	6:14	22	4:39	126	6:23	6.40	37:12	5:48	39		88	12:22
Hermannsklippe	2.60	17:24	6:41	23	4:39	124	5:53	9.00	54:36	6:03	9		88	18:15
Brocken	3.10	28:45	9:16	27	8:41	146	10:55	12.10	1:23:21	6:53	39		88	29:10
Eiserner Handwe	3.60	16:49	4:40	12	3:26	84	4:47	15.70	1:40:10	6:22	39		88	33:57
Schlüsie	4.10	16:00	3:54	11	3:02	66	4:30	19.80	1:56:10	5:52	39		88	38:27
Loddenke	3.10	12:56	4:10	10	2:10	57	3:06	22.90	2:09:06	5:38	39		88	41:33
Ilseburg/Markt	3.30	13:49	4:11	8	1:52	35	5:17	26.20	2:22:55	5:27	14	31:32	88	44:22