



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Nikolaiczky, Andre

Club: Bad Münders
Number: 481

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:19:32

Speed: 11.18 km/h
Running performance: 5:20 min/km

Rank in course/Total: 69 (of 529)

Rank in course/Men: 64 (of 447)

Best time in course: 1:39:39

Rank in category: 11(of 59)

Best time in the category: 1:54:51

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	17:17	5:14	19	3:17	96	7:40	3.30	17:17	5:14	19	3:17	96	7:40
Schlüsie	3.10	19:38	6:19	18	3:29	93	5:48	6.40	36:55	5:46	18	6:46	91	10:51
Hermannsklippe	2.60	17:12	6:36	21	3:31	115	5:31	9.00	54:07	6:00	18	10:09	96	16:17
Brocken	3.10	28:09	9:04	20	7:43	130	9:54	12.10	1:22:16	6:47	17	17:05	100	26:11
Eiserner Handwe	3.60	16:15	4:30	14	2:54	67	3:45	15.70	1:38:31	6:16	16	19:59	91	29:56
Schlüsie	4.10	15:33	3:47	12	2:52	56	3:09	19.80	1:54:04	5:45	15	22:51	82	33:03
Loddenke	3.10	12:22	3:59	6	1:35	27	2:02	22.90	2:06:26	5:31	12	23:01	75	35:05
Ilseburg/Markt	3.30	13:06	3:58	5	0:58	18	4:48	26.20	2:19:32	5:19	11	24:41	64	39:53