



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Nikodem, Florian

Club: Peine  
Number: 364

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 3:04:57

Speed: 8.43 km/h  
Running performance: 7:04 min/km

Rank in course/Total: 469 (of 581)

Rank in course/Men: 409 (of 475)

Best time in course: 1:39:32

Rank in category: 43(of 47)

Best time in the category: 1:47:45

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	20:23	6:10	31	7:19	303	7:19	3.30	20:23	6:10	31	7:19	303	7:19
Schlüsie	3.10	21:26	6:54	34	7:18	304	7:48	6.40	41:49	6:32	32	14:24	299	15:06
Hermannsklippe	2.60	19:18	7:25	35	6:54	319	7:54	9.00	1:01:07	6:47	35	21:18	313	23:00
Brocken	3.10	33:59	10:57	38	14:09	364	15:56	12.10	1:35:06	7:51	37	35:10	334	38:56
Eiserner Handwe	3.60	24:15	6:44	41	11:28	419	12:23	15.70	1:59:21	7:36	37	45:53	360	51:19
Schlüsie	4.10	25:13	6:09	45	13:11	447	13:39	19.80	2:24:34	7:18	42	58:43	387	1:04:58
Loddenke	3.10	19:49	6:23	44	9:48	444	10:30	22.90	2:44:23	7:10	43	1:08:02	404	1:15:28
Ilseburg/Markt	3.30	20:34	6:13	43	9:36	426	9:57	26.20	3:04:57	7:03	43	1:17:12	409	1:25:25