



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: 8.50 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 |