



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Fromm, Olaf

Club: Lauffreund Heimerode  
Number: 488

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:31:06

Speed: 10.32 km/h

Rank in course/Total: 214 (of 532)

Rank in course/Men: 202 (of 452)

Best time in course: 1:36:15

Rank in category: 36(of 91)

Best time in the category: 1:55:12

| Intermediate times |             |               |               | Stage score |                |            |               | Total ranking |               |               |             |                |            |               |
|--------------------|-------------|---------------|---------------|-------------|----------------|------------|---------------|---------------|---------------|---------------|-------------|----------------|------------|---------------|
| Control            | Split<br>km | Split<br>Time | Split<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>km/h | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke           | 3.30        | 19:54         | 9.05          | 52          | 5:47           | 266        | 8:08          | 3.30          | 19:54         | 9.05          | 52          | 5:47           | 266        | 8:08          |
| Schlüsie           | 3.10        | 20:41         | 8.70          | 51          | 4:55           | 247        | 7:46          | 6.40          | 40:35         | 8.87          | 51          | 10:42          | 260        | 15:54         |
| Hermannsklippe     | 2.60        | 17:39         | 6.80          | 34          | 3:48           | 191        | 6:24          | 9.00          | 58:14         | 9.27          | 48          | 14:30          | 235        | 22:18         |
| Brocken            | 3.10        | 28:54         | 6.23          | 39          | 8:03           | 207        | 11:42         | 12.10         | 1:27:08       | 8.26          | 45          | 22:30          | 224        | 34:00         |
| Eiserner Handwe    | 3.60        | 17:34         | 10.25         | 31          | 4:05           | 174        | 5:57          | 15.70         | 1:44:42       | 8.60          | 41          | 26:35          | 210        | 39:57         |
| Schlüsie           | 4.10        | 17:16         | 13.90         | 34          | 4:09           | 192        | 5:50          | 19.80         | 2:01:58       | 9.35          | 40          | 30:12          | 208        | 45:47         |
| Loddenke           | 3.10        | 14:02         | 12.83         | 31          | 3:28           | 178        | 4:25          | 22.90         | 2:16:00       | 9.71          | 36          | 33:03          | 205        | 50:12         |
| Ilseburg/Markt     | 3.30        | 15:06         | 11.92         | 29          | 3:09           | 147        | 4:39          | 26.20         | 2:31:06       | 10.32         | 36          | 35:54          | 202        | 54:51         |