



46. Brockenlauf

Ilseburg / 03.09.2016

Detailed evaluation

Kugenbuch, Olaf

Club: Brockenlaufverein
Number: 289

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:21:09

Speed: 11.05 km/h
Running performance: 5:23 min/km

Rank in course/Total: 80 (of 529)

Rank in course/Men: 75 (of 447)

Best time in course: 1:39:39

Rank in category: 13(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	17:19	5:14	20	3:19	99	7:42	3.30	17:19	5:14	20	3:19	99	7:42
Schlüsie	3.10	18:51	6:04	12	2:42	59	5:01	6.40	36:10	5:39	14	6:01	75	10:06
Hermannsklippe	2.60	16:41	6:25	17	3:00	86	5:00	9.00	52:51	5:52	14	8:53	77	15:01
Brocken	3.10	26:32	8:33	15	6:06	77	8:17	12.10	1:19:23	6:33	14	14:12	74	23:18
Eiserner Handwe	3.60	16:43	4:38	20	3:22	101	4:13	15.70	1:36:06	6:07	14	17:34	74	27:31
Schlüsie	4.10	16:03	3:54	16	3:22	77	3:39	19.80	1:52:09	5:39	12	20:56	70	31:08
Loddenke	3.10	13:55	4:29	22	3:08	131	3:35	22.90	2:06:04	5:30	11	22:39	72	34:43
Ilseburg/Markt	3.30	15:05	4:34	17	2:57	108	6:47	26.20	2:21:09	5:23	13	26:18	75	41:30