



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Oltmann, Flemming

Club: Bjørnebanden
Number: 18

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:22:02

Speed: 10.98 km/h
Running performance: 5:25 min/km

Rank in course/Total: 88 (of 529)

Rank in course/Men: 83 (of 447)

Best time in course: 1:39:39

Rank in category: 14(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	17:51	5:24	25	3:51	131	8:14	3.30	17:51	5:24	25	3:51	131	8:14
Schlüsie	3.10	19:44	6:21	20	3:35	100	5:54	6.40	37:35	5:52	22	7:26	107	11:31
Hermannsklippe	2.60	17:08	6:35	19	3:27	111	5:27	9.00	54:43	6:04	22	10:45	108	16:53
Brocken	3.10	28:34	9:12	23	8:08	146	10:19	12.10	1:23:17	6:52	18	18:06	112	27:12
Eiserner Handwe	3.60	16:19	4:31	15	2:58	72	3:49	15.70	1:39:36	6:20	19	21:04	102	31:01
Schlüsie	4.10	15:48	3:51	14	3:07	63	3:24	19.80	1:55:24	5:49	19	24:11	95	34:23
Loddenke	3.10	12:08	3:54	5	1:21	24	1:48	22.90	2:07:32	5:34	15	24:07	83	36:11
Ilseburg/Markt	3.30	14:30	4:23	12	2:22	71	6:12	26.20	2:22:02	5:25	14	27:11	83	42:23