



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Clusen, Olaf

Club: LT Marienloh
Number: 190

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:46:11

Speed: 9.39 km/h
Running performance: 6:20 min/km

Rank in course/Total: 297 (of 529)

Rank in course/Men: 270 (of 447)

Best time in course: 1:39:39

Rank in category: 46(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	19:27	5:53	39	5:27	220	9:50	3.30	19:27	5:53	39	5:27	220	9:50
Schlüsie	3.10	21:46	7:01	43	5:37	207	7:56	6.40	41:13	6:26	43	11:04	216	15:09
Hermannsklippe	2.60	19:16	7:24	46	5:35	263	7:35	9.00	1:00:29	6:43	44	16:31	234	22:39
Brocken	3.10	32:45	10:33	48	12:19	309	14:30	12.10	1:33:14	7:42	46	28:03	261	37:09
Eiserner Handwe	3.60	18:37	5:10	38	5:16	218	6:07	15.70	1:51:51	7:07	44	33:19	252	43:16
Schlüsie	4.10	18:56	4:37	42	6:15	246	6:32	19.80	2:10:47	6:36	42	39:34	244	49:46
Loddenke	3.10	16:28	5:18	47	5:41	319	6:08	22.90	2:27:15	6:25	43	43:50	259	55:54
Ilseburg/Markt	3.30	18:56	5:44	47	6:48	331	10:38	26.20	2:46:11	6:20	46	51:20	270	1:06:32