



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

CLUSEN, Olaf

Club: LT Marienloh
Number: 194

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:28

Speed: 9.97 km/h
Running performance: 5:58 min/km

Rank in course/Total: 239 (of 500)

Rank in course/Men: 222 (of 423)

Best time in course: 1:35:36

Rank in category: 54(of 85)

Best time in the category: 1:44:53

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	18:07	5:29	32	5:14	152	6:08	3.30	18:07	5:29	32	5:14	152	6:08
Schlüsie	3.10	20:24	6:34	50	5:58	216	7:39	6.40	38:31	6:01	41	11:12	185	13:47
Hermannsklippe	2.60	19:04	7:19	57	6:17	259	7:53	9.00	57:35	6:23	47	17:20	203	21:40
Brocken	3.10	31:04	10:01	57	11:16	264	13:40	12.10	1:28:39	7:19	56	28:36	236	35:20
Eiserner Handwe	3.60	18:47	5:13	47	6:55	211	7:07	15.70	1:47:26	6:50	53	35:31	230	42:27
Schlüsie	4.10	18:00	4:23	49	6:04	202	6:59	19.80	2:05:26	6:20	50	41:35	223	49:26
Loddenke	3.10	14:00	4:30	38	4:03	173	4:44	22.90	2:19:26	6:05	50	45:38	217	54:10
Ilseburg/Markt	3.30	17:02	5:09	62	5:57	275	6:42	26.20	2:36:28	5:58	54	51:35	224	1:00:52