



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Buschbaum, Nils

Club: Trias Hildesheim  
Number: 81

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 2:06:52

Speed: 12.30 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 28 (of 506)

Rank in course/Men: 27 (of 416)

Best time in course: 1:44:43

Rank in category: 6(of 48)

Best time in the category: 1:44:43

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 3.30        | 15:09         | 4:35            | 6           | 1:43           | 24          | 1:43          | 3.30          | 15:09         | 4:35            | 6           | 1:43           | 24         | 1:43          |
| Bremer Hütte    | 2.40        | 13:43         | 5:42            | 9           | 2:36           | 38          | 2:37          | 5.70          | 28:52         | 5:03            | 7           | 4:19           | 27         | 4:20          |
| Hermannsklippe  | 3.30        | 18:23         | 5:34            | 7           | 3:31           | 29          | 3:31          | 9.00          | 47:15         | 5:15            | 7           | 7:50           | 30         | 7:50          |
| Brocken         | 3.10        | 24:49         | 8:00            | 9           | 6:28           | 46          | 6:28          | 12.10         | 1:12:04       | 5:57            | 7           | 14:18          | 31         | 14:18         |
| Eiserner Handwe | 3.60        | 14:52         | 4:07            | 6           | 2:20           | 22          | 2:20          | 15.70         | 1:26:56       | 5:32            | 6           | 16:38          | 27         | 16:38         |
| Bremer Hütte    | 4.10        | 17:10         | 4:11            | 3           | 1:59           | 15          | 2:16          | 19.80         | 1:44:06       | 5:15            | 5           | 18:37          | 26         | 18:37         |
| Loddenke        | 3.10        | 9:00          | 2:54            | 5           | 1:02           | 18          | 1:02          | 22.90         | 1:53:06       | 4:56            | 6           | 19:39          | 27         | 19:39         |
| Ilseburg/Markt  | 3.30        | 13:46         | 4:10            | 9           | 2:30           | 45          | 2:30          | 26.20         | 2:06:52       | 4:50            | 6           | 22:09          | 27         | 22:09         |