



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: 12.39 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 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	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