



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Kugenbuch, Olaf

Club: Brockenlaufverein
Number: 230

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:19:31

Speed: 11.27 km/h
Running performance: 5:20 min/km

Rank in course/Total: 77 (of 506)

Rank in course/Men: 73 (of 416)

Best time in course: 1:44:43

Rank in category: 14(of 66)

Best time in the category: 1:51:00

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	17:57	5:26	19	4:31	118	4:31	3.30	17:57	5:26	19	4:31	118	4:31
Bremer Hütte	2.40	14:59	6:14	15	3:35	94	3:53	5.70	32:56	5:46	16	8:06	91	8:24
Hermannsklippe	3.30	19:40	5:57	13	4:07	64	4:48	9.00	52:36	5:50	14	12:13	80	13:11
Brocken	3.10	25:15	8:08	10	4:53	54	6:54	12.10	1:17:51	6:26	13	16:57	71	20:05
Eiserner Handwe	3.60	16:41	4:38	14	3:27	82	4:09	15.70	1:34:32	6:01	13	20:24	71	24:14
Bremer Hütte	4.10	19:30	4:45	15	4:00	88	4:36	19.80	1:54:02	5:45	13	23:42	69	28:33
Loddenke	3.10	10:41	3:26	19	2:41	113	2:43	22.90	2:04:43	5:26	13	25:32	71	31:16
Ilseburg/Markt	3.30	14:48	4:29	16	3:09	92	3:32	26.20	2:19:31	5:19	14	28:31	73	34:48