



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

**Pusch, Toralf**

Club: Düsseldorf  
Number: 295

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:32:08

Speed: 10.33 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 171 (of 506)

Rank in course/Men: 157 (of 416)

Best time in course: 1:44:43

Rank in category: 34(of 58)

Best time in the category: 1:54:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Loddenke	3.30	20:17	6:08	46	6:12	273	6:51	3.30	20:17	6:08	46	6:12	273	6:51
Bremer Hütte	2.40	16:23	6:49	40	3:52	196	5:17	5.70	36:40	6:25	42	10:01	234	12:08
Hermannsklippe	3.30	21:58	6:39	37	5:20	183	7:06	9.00	58:38	6:30	41	15:00	216	19:13
Brocken	3.10	31:50	10:16	43	11:13	275	13:29	12.10	1:30:28	7:28	42	26:09	240	32:42
Eiserner Handwe	3.60	16:19	4:31	17	3:02	69	3:47	15.70	1:46:47	6:48	37	28:46	193	36:29
Bremer Hütte	4.10	19:51	4:50	27	4:20	102	4:57	19.80	2:06:38	6:23	34	33:06	170	41:09
Loddenke	3.10	10:20	3:20	23	2:00	83	2:22	22.90	2:16:58	5:58	34	35:06	162	43:31
Ilseburg/Markt	3.30	15:10	4:35	25	2:43	122	3:54	26.20	2:32:08	5:48	34	37:49	157	47:25