



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Bothe, Olaf

Club: MTV Jahn Schladen
Number: 539

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:46:05

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 288 (of 506)

Rank in course/Men: 259 (of 416)

Best time in course: 1:44:43

Rank in category: 45(of 58)

Best time in the category: 1:54:19

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	19:34	5:55	37	5:29	229	6:08	3.30	19:34	5:55	37	5:29	229	6:08
Bremer Hütte	2.40	17:00	7:05	44	4:29	237	5:54	5.70	36:34	6:24	41	9:55	228	12:02
Hermannsklippe	3.30	25:51	7:50	53	9:13	349	10:59	9.00	1:02:25	6:56	50	18:47	291	23:00
Brocken	3.10	32:49	10:35	45	12:12	297	14:28	12.10	1:35:14	7:52	48	30:55	293	37:28
Eiserner Handwe	3.60	20:16	5:37	41	6:59	243	7:44	15.70	1:55:30	7:21	47	37:29	286	45:12
Bremer Hütte	4.10	22:10	5:24	38	6:39	202	7:16	19.80	2:17:40	6:57	47	44:08	275	52:11
Loddenke	3.10	13:14	4:16	50	4:54	298	5:16	22.90	2:30:54	6:35	48	49:02	277	57:27
Ilseburg/Markt	3.30	15:11	4:36	27	2:44	124	3:55	26.20	2:46:05	6:20	45	51:46	259	1:01:22