



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Buhl, Olaf

Club: Einbeck
Number: 91

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:17:41

Speed: 11.42 km/h
Running performance: 5:16 min/km

Rank in course/Total: 95 (of 581)

Rank in course/Men: 92 (of 475)

Best time in course: 1:39:32

Rank in category: 12(of 68)

Best time in the category: 1:51:26

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	16:08	4:53	9	2:17	53	3:04	3.30	16:08	4:53	9	2:17	53	3:04
Schlüsie	3.10	18:12	5:52	12	3:19	95	4:34	6.40	34:20	5:21	8	5:32	65	7:37
Hermannsklippe	2.60	15:30	5:57	9	2:47	74	4:06	9.00	49:50	5:32	8	8:19	67	11:43
Brocken	3.10	26:28	8:32	13	5:21	96	8:25	12.10	1:16:18	6:18	10	13:40	78	20:08
Eiserner Handwe	3.60	16:54	4:41	15	3:40	106	5:02	15.70	1:33:12	5:56	11	17:19	84	25:10
Schlüsie	4.10	16:47	4:05	19	3:50	135	5:13	19.80	1:49:59	5:33	11	21:05	89	30:23
Loddenke	3.10	12:56	4:10	13	2:19	96	3:37	22.90	2:02:55	5:22	11	23:24	89	34:00
Ilseburg/Markt	3.30	14:46	4:28	13	2:51	111	4:09	26.20	2:17:41	5:15	12	26:15	92	38:09