



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Clusen, Olaf

Club: LT Marienloh
Number: 97

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:50:59

Speed: 9.12 km/h
Running performance: 6:32 min/km

Rank in course/Total: 365 (of 581)

Rank in course/Men: 332 (of 475)

Best time in course: 1:39:32

Rank in category: 49(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	19:27	5:53	35	5:36	253	6:23	3.30	19:27	5:53	35	5:36	253	6:23
Schlüsie	3.10	21:47	7:01	51	6:54	329	8:09	6.40	41:14	6:26	39	12:26	280	14:31
Hermannsklippe	2.60	19:40	7:33	51	6:57	345	8:16	9.00	1:00:54	6:46	43	19:23	309	22:47
Brocken	3.10	34:02	10:58	52	12:55	367	15:59	12.10	1:34:56	7:50	49	32:18	330	38:46
Eiserner Handwe	3.60	19:54	5:31	41	6:40	281	8:02	15.70	1:54:50	7:18	46	38:57	317	46:48
Schlüsie	4.10	20:00	4:52	44	7:03	316	8:26	19.80	2:14:50	6:48	46	45:56	322	55:14
Loddenke	3.10	17:12	5:32	57	6:35	389	7:53	22.90	2:32:02	6:38	47	52:31	327	1:03:07
Ilseburg/Markt	3.30	18:57	5:44	58	7:02	373	8:20	26.20	2:50:59	6:31	49	59:33	332	1:11:27