



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Kuse, Oliver

Club: TuS Xanten  
Number: 293

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:56:43

Speed: 8.83 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 407 (of 581)

Rank in course/Men: 367 (of 475)

Best time in course: 1:39:32

Rank in category: 54(of 68)

Best time in the category: 1:51:26

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total |         | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|-----------------|-------------|----------------|---------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | km    | Time    |                 |             |                | Pos<br>Men    | Behind<br>Men |
| Loddenke        | 3.30        | 21:24         | 6:29            | 57          | 7:33           | 370         | 8:20          | 3.30  | 21:24   | 6:29            | 57          | 7:33           | 370           | 8:20          |
| Schlüsie        | 3.10        | 22:55         | 7:23            | 56          | 8:02           | 373         | 9:17          | 6.40  | 44:19   | 6:55            | 58          | 15:31          | 379           | 17:36         |
| Hermannsklippe  | 2.60        | 20:32         | 7:53            | 53          | 7:49           | 368         | 9:08          | 9.00  | 1:04:51 | 7:12            | 57          | 23:20          | 383           | 26:44         |
| Brocken         | 3.10        | 33:24         | 10:46           | 48          | 12:17          | 339         | 15:21         | 12.10 | 1:38:15 | 8:07            | 55          | 35:37          | 372           | 42:05         |
| Eiserner Handwe | 3.60        | 20:50         | 5:47            | 50          | 7:36           | 328         | 8:58          | 15.70 | 1:59:05 | 7:35            | 54          | 43:12          | 357           | 51:03         |
| Schlüsie        | 4.10        | 21:41         | 5:17            | 55          | 8:44           | 392         | 10:07         | 19.80 | 2:20:46 | 7:06            | 53          | 51:52          | 363           | 1:01:10       |
| Loddenke        | 3.10        | 16:13         | 5:13            | 48          | 5:36           | 345         | 6:54          | 22.90 | 2:36:59 | 6:51            | 53          | 57:28          | 362           | 1:08:04       |
| Ilseburg/Markt  | 3.30        | 19:44         | 5:58            | 60          | 7:49           | 401         | 9:07          | 26.20 | 2:56:43 | 6:44            | 54          | 1:05:17        | 367           | 1:17:11       |