



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: 8.90 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 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	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