



42. Brockenlauf
Ilseburg / 01.09.2012

Detailed evaluation

Steingräber, Lucian

Club: Ahrensböck
Number: 101

Course: 26.20 km
Brockenlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 3:29:11

Speed: 7.46 km/h
Running performance: 7:59 min/km

Rank in course/Total: 412 (of 426)

Rank in course/Men: 359 (of 371)

Best time in course: 1:42:20

Rank in category: 77(of 77)

Best time in the category: 1:59:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	23:55	7:14	77	9:12	362	11:29	3.30	23:55	7:14	22	5:45	360	11:29
Schlüsie	3.10	25:26	8:12	77	9:02	357	12:00	6.40	49:21	7:42	22	9:14	360	23:29
Hermannsklippe	2.60	24:28	9:24	77	10:32	360	12:43	9.00	1:13:49	8:12	22	13:35	360	36:12
Brocken	3.10	39:24	12:42	77	17:29	362	21:18	12.10	1:53:13	9:21	22	19:30	360	57:30
Eiserner Handwe	3.60	24:24	6:46	74	10:24	352	12:26	15.70	2:17:37	8:45	22	25:31	360	1:09:14
Schlüsie	4.10	27:55	6:48	77	14:39	363	15:59	19.80	2:45:32	8:21	22	36:04	360	1:24:34
Loddenke	3.10	20:40	6:40	77	9:28	362	10:27	22.90	3:06:12	8:07	22	42:20	360	1:35:01
Ilseburg/Markt	3.30	22:59	6:57	77	10:28	360	11:50	26.20	3:29:11	7:59	77	1:30:10	359	1:46:51