



43. Brockenlauf
Ilsenburg / 07.09.2013

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein Ilsenburg
Number: 307

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:04:27

Speed: 12.54 km/h
Running performance: 4:45 min/km

Rank in course/Total: 21 (of 456)

Rank in course/Men: 21 (of 399)

Best time in course: 1:39:03

Rank in category: 5(of 55)

Best time in the category: 1:50:22

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	14:49	4:29	6	1:26	22	2:18	3.30	14:49	4:29	33		19	2:14
Schlüsie	3.10	16:21	5:16	6	1:54	24	2:59	6.40	31:10	4:52	33		19	5:10
Hermannsklippe	2.60	15:06	5:48	7	2:06	38	3:33	9.00	46:16	5:08	33		21	8:36
Brocken	3.10	24:53	8:01	9	4:35	41	6:52	12.10	1:11:09	5:52	33		21	15:05
Eiserner Handwe	3.60	15:07	4:11	7	1:49	30	3:04	15.70	1:26:16	5:29	33		21	18:06
Schlüsie	4.10	13:50	3:22	5	1:28	17	2:52	19.80	1:40:06	5:03	33		21	20:58
Loddenke	3.10	11:31	3:42	4	0:59	12	2:07	22.90	1:51:37	4:52	33		21	23:05
Ilsenburg/Markt	3.30	12:50	3:53	2	0:43	12	2:19	26.20	2:04:27	4:45	5	14:05	21	25:24