



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Steppe, Lutz

Club: Die weißen Kenianer  
Number: 385

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:45:52

Speed: 9.41 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 257 (of 456)

Rank in course/Men: 233 (of 399)

Best time in course: 1:39:03

Rank in category: 55(of 99)

Best time in the category: 2:00:26

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	20:23	6:10	62	6:11	260	7:52	3.30	20:23	6:10	20		233	7:48
Schlüsie	3.10	21:25	6:54	59	5:21	237	8:03	6.40	41:48	6:31	21		233	15:48
Hermannsklippe	2.60	20:44	7:58	66	6:29	280	9:11	9.00	1:02:32	6:56	21		196	24:52
Brocken	3.10	33:41	10:51	66	11:03	269	15:40	12.10	1:36:13	7:57	21		233	40:09
Eiserner Handwe	3.60	18:53	5:14	48	4:30	192	6:50	15.70	1:55:06	7:19	21		233	46:56
Schlüsie	4.10	18:38	4:32	45	4:38	195	7:40	19.80	2:13:44	6:45	21		233	54:36
Loddenke	3.10	14:46	4:45	45	3:37	172	5:22	22.90	2:28:30	6:29	21		233	59:58
Ilseburg/Markt	3.30	17:22	5:15	54	5:15	212	6:51	26.20	2:45:52	6:19	55	45:26	233	1:06:49