



43. Brockenlauf  
Ilseburg / 07.09.2013

Detailed evaluation

Steingräber, Lucian

Club: Famika  
Number: 437

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:02:17

Speed: 6.44 km/h  
Running performance: 9:15 min/km

Rank in course/Total: 454 (of 456)

Rank in course/Men: 397 (of 399)

Best time in course: 1:39:03

Rank in category: 99(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	23:21	7:04	94	9:09	378	10:50	3.30	23:21	7:04	27	1:13	397	10:46
Schlüsie	3.10	28:12	9:05	97	12:08	394	14:50	6.40	51:33	8:03	27	5:41	397	25:33
Hermannsklippe	2.60	28:25	10:55	99	14:10	397	16:52	9.00	1:19:58	8:53	27	13:22	397	42:18
Brocken	3.10	48:19	15:35	99	25:41	398	30:18	12.10	2:08:17	10:36	27	30:18	397	1:12:13
Eiserner Handwe	3.60	31:17	8:41	96	16:54	393	19:14	15.70	2:39:34	10:09	27	39:18	397	1:31:24
Schlüsie	4.10	29:34	7:12	98	15:34	394	18:36	19.80	3:09:08	9:33	27	49:14	397	1:50:00
Loddenke	3.10	26:49	8:39	99	15:40	398	17:25	22.90	3:35:57	9:25	27	1:01:18	397	2:07:25
Ilseburg/Markt	3.30	26:20	7:58	96	14:13	390	15:49	26.20	4:02:17	9:14	99	2:01:51	397	2:23:14