



44. Brockenlauf
Ilsenburg / 06.09.2014

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein Ilsenburg
Number: 408

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:10:25

Speed: 11.96 km/h
Running performance: 4:59 min/km

Rank in course/Total: 33 (of 492)

Rank in course/Men: 32 (of 415)

Best time in course: 1:38:33

Rank in category: 6(of 67)

Best time in the category: 1:51:23

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	14:27	4:22	4	0:44	18	2:35	3.30	14:27	4:22	47		33	
Schlüsie	3.10	16:26	5:18	4	1:44	21	3:28	6.40	30:53	4:49	47		32	6:03
Hermannsklippe	2.60	15:29	5:57	7	2:44	44	3:58	9.00	46:22	5:09	47		32	10:01
Brocken	3.10	26:12	8:27	10	6:08	63	8:22	12.10	1:12:34	5:59	47		32	18:23
Eiserner Handwe	3.60	15:40	4:21	6	2:17	37	3:38	15.70	1:28:14	5:37	47		32	22:01
Schlüsie	4.10	14:52	3:37	6	1:54	30	3:22	19.80	1:43:06	5:12	47		32	25:23
Loddenke	3.10	12:23	3:59	6	1:37	33	2:33	22.90	1:55:29	5:02	47		32	27:56
Ilsenburg/Markt	3.30	14:56	4:31	18	2:59	91	6:24	26.20	2:10:25	4:58	6	19:02	32	31:52