



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode
Number: 187

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:33:00

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 167 (of 492)

Rank in course/Men: 154 (of 415)

Best time in course: 1:38:33

Rank in category: 20(of 62)

Best time in the category: 2:03:47

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	19:06	5:47	30	3:56	202	7:14	3.30	19:06	5:47	7		157	
Schlüsie	3.10	19:53	6:24	22	3:31	162	6:55	6.40	38:59	6:05	52		156	14:09
Hermannsklippe	2.60	18:18	7:02	23	3:57	180	6:47	9.00	57:17	6:21	52		156	20:56
Brocken	3.10	29:29	9:30	21	5:19	167	11:39	12.10	1:26:46	7:10	52		156	32:35
Eiserner Handwe	3.60	18:09	5:02	25	3:19	160	6:07	15.70	1:44:55	6:40	52		156	38:42
Schlüsie	4.10	17:38	4:18	22	3:35	161	6:08	19.80	2:02:33	6:11	52		156	44:50
Loddenke	3.10	14:31	4:40	24	2:42	162	4:41	22.90	2:17:04	5:59	52		156	49:31
Ilseburg/Markt	3.30	15:56	4:49	24	3:16	160	7:24	26.20	2:33:00	5:50	22	29:13	159	54:27