



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Steppe, Lutz

Club: Die weißen Kenianer
Number: 230

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:45:22

Speed: 9.43 km/h
Running performance: 6:19 min/km

Rank in course/Total: 276 (of 492)

Rank in course/Men: 245 (of 415)

Best time in course: 1:38:33

Rank in category: 62(of 98)

Best time in the category: 1:58:21

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	19:36	5:56	62	5:22	243	7:44	3.30	19:36	5:56	12		1	-
Schlüsie	3.10	21:58	7:05	74	6:19	296	9:00	6.40	41:34	6:29	12	0:33	242	16:44
Hermannsklippe	2.60	21:29	8:15	82	7:38	337	9:58	9.00	1:03:03	7:00	5	2:20	252	26:42
Brocken	3.10	32:53	10:36	77	11:33	303	15:03	12.10	1:35:56	7:55	12	3:27	252	41:45
Eiserner Handwe	3.60	19:44	5:28	62	5:44	253	7:42	15.70	1:55:40	7:22	12	3:35	252	49:27
Schlüsie	4.10	18:08	4:25	43	4:46	193	6:38	19.80	2:13:48	6:45	12	2:30	252	56:05
Loddenke	3.10	14:44	4:45	44	3:29	178	4:54	22.90	2:28:32	6:29	12	1:51	252	1:00:59
Ilseburg/Markt	3.30	16:50	5:06	57	4:38	223	8:18	26.20	2:45:22	6:18	64	47:01	255	1:06:49