



44. Brockenlauf  
Ilseburg / 06.09.2014

Detailed evaluation

Steingräber, Lucian

Club: familia  
Number: 41

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 3:46:13

Speed: 6.90 km/h  
Running performance: 8:38 min/km

Rank in course/Total: 487 (of 492)

Rank in course/Men: 400 (of 415)

Best time in course: 1:38:33

Rank in category: 94(of 98)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Loddenke	3.30	23:40	7:10	96	9:26	404	11:48	3.30	23:40	7:10	29	3:55	409	4:04
Schlüsie	3.10	27:58	9:01	95	12:19	406	15:00	6.40	51:38	8:04	29	10:37	408	26:48
Hermannsklippe	2.60	26:50	10:19	95	12:59	408	15:19	9.00	1:18:28	8:43	29	17:45	408	42:07
Brocken	3.10	46:01	14:50	97	24:41	414	28:11	12.10	2:04:29	10:17	29	32:00	408	1:10:18
Eiserner Handwe	3.60	26:02	7:13	95	12:02	404	14:00	15.70	2:30:31	9:35	29	38:26	408	1:24:18
Schlüsie	4.10	27:26	6:41	95	14:04	408	15:56	19.80	2:57:57	8:59	29	46:39	408	1:40:14
Loddenke	3.10	23:05	7:26	96	11:50	410	13:15	22.90	3:21:02	8:46	29	54:21	408	1:53:29
Ilseburg/Markt	3.30	25:11	7:37	96	12:59	406	16:39	26.20	3:46:13	8:38	96	1:47:52	411	2:07:40