



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Jost, Steffen

Club: GST Laufgruppe Saaletal
Number: 487

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:15:43

Speed: 11.49 km/h

Rank in course/Total: 79 (of 532)

Rank in course/Men: 76 (of 452)

Best time in course: 1:36:15

Rank in category: 15(of 59)

Best time in the category: 1:45:31

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|------------|-------------|-------------|---------|------------|---------------|------------|------------|----------|-------------|---------|------------|
| Control | Split km | Split Time | Split km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total km/h | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Loddenke | 3.30 | 16:14 | 11.09 | 10 | 3:08 | 54 | 4:28 | 3.30 | 16:14 | 11.09 | 10 | 3:08 | 54 | 4:28 |
| Schlüsie | 3.10 | 18:13 | 9.88 | 16 | 3:50 | 80 | 5:18 | 6.40 | 34:27 | 10.45 | 12 | 6:46 | 63 | 9:46 |
| Hermannsklippe | 2.60 | 15:46 | 7.61 | 15 | 3:16 | 75 | 4:31 | 9.00 | 50:13 | 10.75 | 12 | 9:49 | 62 | 14:17 |
| Brocken | 3.10 | 24:39 | 7.30 | 13 | 4:49 | 58 | 7:27 | 12.10 | 1:14:52 | 9.62 | 13 | 14:38 | 60 | 21:44 |
| Eiserner Handwe | 3.60 | 16:50 | 10.69 | 21 | 4:35 | 119 | 5:13 | 15.70 | 1:31:42 | 9.81 | 15 | 19:13 | 69 | 26:57 |
| Schlüsie | 4.10 | 16:12 | 14.81 | 25 | 4:18 | 125 | 4:46 | 19.80 | 1:47:54 | 10.57 | 15 | 23:31 | 72 | 31:43 |
| Loddenke | 3.10 | 13:20 | 13.50 | 24 | 3:12 | 122 | 3:43 | 22.90 | 2:01:14 | 10.89 | 15 | 26:43 | 73 | 35:26 |
| Ilseburg/Markt | 3.30 | 14:29 | 12.43 | 21 | 3:29 | 106 | 4:02 | 26.20 | 2:15:43 | 11.49 | 15 | 30:12 | 76 | 39:28 |