



45. Brockenlauf
Ilseburg / 05.09.2015

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode
Number: 26

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:29:42

Speed: 10.42 km/h

Rank in course/Total: 196 (of 532)

Rank in course/Men: 187 (of 452)

Best time in course: 1:36:15

Rank in category: 35(of 78)

Best time in the category: 2:00:23

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	18:47	9.58	32	3:53	184	7:01	3.30	18:47	9.58	32	3:53	184	7:01
Schlüsie	3.10	19:55	9.04	31	3:36	181	7:00	6.40	38:42	9.30	32	7:29	175	14:01
Hermannsklippe	2.60	17:21	6.92	32	3:08	171	6:06	9.00	56:03	9.63	32	10:33	170	20:07
Brocken	3.10	27:07	6.64	26	4:59	137	9:55	12.10	1:23:10	8.66	30	15:32	156	30:02
Eiserner Handwe	3.60	17:55	10.05	33	3:40	189	6:18	15.70	1:41:05	8.90	30	18:59	161	36:20
Schlüsie	4.10	17:47	13.50	38	4:16	222	6:21	19.80	1:58:52	9.59	31	22:43	171	42:41
Loddenke	3.10	15:01	11.99	44	3:30	250	5:24	22.90	2:13:53	9.86	34	26:13	186	48:05
Ilseburg/Markt	3.30	15:49	11.38	38	3:06	211	5:22	26.20	2:29:42	10.42	35	29:19	187	53:27