



45. Brockenlauf  
Ilseburg / 05.09.2015

Detailed evaluation

Steingraeber, Lucian

Club: Ahrensboek  
Number: 585

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 4:07:26

Speed: 6.30 km/h

Rank in course/Total: 530 (of 532)

Rank in course/Men: 451 (of 452)

Best time in course: 1:36:15

Rank in category: 91(of 91)

Best time in the category: 1:55:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	25:51	6.96	91	11:44	450	14:05	3.30	25:51	6.96	91	11:44	450	14:05
Schlüsie	3.10	30:13	5.96	91	14:27	452	17:18	6.40	56:04	6.42	91	26:11	451	31:23
Hermannsklippe	2.60	29:32	4.06	91	15:41	452	18:17	9.00	1:25:36	6.31	91	41:52	452	49:40
Brocken	3.10	47:44	3.77	91	26:53	452	30:32	12.10	2:13:20	5.40	91	1:08:42	452	1:20:12
Eiserner Handwe	3.60	28:09	6.39	91	14:40	447	16:32	15.70	2:41:29	5.57	91	1:23:22	451	1:36:44
Schlüsie	4.10	30:31	7.86	91	17:24	450	19:05	19.80	3:12:00	5.94	91	1:40:14	451	1:55:49
Loddenke	3.10	26:18	6.84	91	15:44	451	16:41	22.90	3:38:18	6.05	91	1:55:21	451	2:12:30
Ilseburg/Markt	3.30	29:08	6.18	91	17:11	449	18:41	26.20	4:07:26	6.30	91	2:12:14	451	2:31:11