



46. Brockenlauf

Ilseburg / 03.09.2016

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 444

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:16:51

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 58 (of 529)

Rank in course/Men: 54 (of 447)

Best time in course: 1:39:39

Rank in category: 10(of 75)

Best time in the category: 1:57:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Loddenke	3.30	16:32	5:00	9	2:05	57	6:55	3.30	16:32	5:00	9	2:05	57	6:55
Schlüsie	3.10	18:48	6:03	9	2:58	57	4:58	6.40	35:20	5:31	10	5:03	56	9:16
Hermannsklippe	2.60	15:52	6:06	9	2:22	45	4:11	9.00	51:12	5:41	10	7:25	51	13:22
Brocken	3.10	25:29	8:13	10	4:13	51	7:14	12.10	1:16:41	6:20	9	11:38	48	20:36
Eiserner Handwe	3.60	16:40	4:37	21	3:11	95	4:10	15.70	1:33:21	5:56	9	14:49	53	24:46
Schlüsie	4.10	16:02	3:54	15	3:05	76	3:38	19.80	1:49:23	5:31	10	17:54	54	28:22
Loddenke	3.10	13:14	4:16	16	2:02	79	2:54	22.90	2:02:37	5:21	10	19:10	54	31:16
Ilseburg/Markt	3.30	14:14	4:18	12	1:34	57	5:56	26.20	2:16:51	5:13	10	19:09	54	37:12