



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Krocker, Steffen

Club: LG Konradsburg 90
Number: 332

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:30:48

Speed: 10.34 km/h
Running performance: 5:46 min/km

Rank in course/Total: 161 (of 529)

Rank in course/Men: 152 (of 447)

Best time in course: 1:39:39

Rank in category: 28(of 85)

Best time in the category: 1:59:41

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	18:45	5:40	33	4:08	171	9:08	3.30	18:45	5:40	33	4:08	171	9:08
Schlüsie	3.10	21:09	6:49	31	4:32	170	7:19	6.40	39:54	6:14	34	8:40	173	13:50
Hermannsklippe	2.60	17:53	6:52	32	3:38	170	6:12	9.00	57:47	6:25	30	12:18	170	19:57
Brocken	3.10	27:44	8:56	22	5:00	121	9:29	12.10	1:25:31	7:04	26	17:09	143	29:26
Eiserner Handwe	3.60	17:49	4:56	37	3:14	165	5:19	15.70	1:43:20	6:34	28	20:23	148	34:45
Schlüsie	4.10	17:39	4:18	35	3:48	179	5:15	19.80	2:00:59	6:06	27	24:11	152	39:58
Loddenke	3.10	14:20	4:37	34	3:20	162	4:00	22.90	2:15:19	5:54	28	27:31	152	43:58
Ilseburg/Markt	3.30	15:29	4:41	27	3:36	137	7:11	26.20	2:30:48	5:45	28	31:07	152	51:09