



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Steinbüchel, Dirk

Club: Dortmund
Number: 183

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:34:39

Speed: 10.09 km/h
Running performance: 5:54 min/km

Rank in course/Total: 196 (of 529)

Rank in course/Men: 186 (of 447)

Best time in course: 1:39:39

Rank in category: 36(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	18:50	5:42	36	4:13	180	9:13	3.30	18:50	5:42	36	4:13	180	9:13
Schlüsie	3.10	22:19	7:11	46	5:42	242	8:29	6.40	41:09	6:25	40	9:55	214	15:05
Hermannsklippe	2.60	17:56	6:53	34	3:41	172	6:15	9.00	59:05	6:33	39	13:36	201	21:15
Brocken	3.10	29:24	9:29	34	6:40	179	11:09	12.10	1:28:29	7:18	37	20:07	194	32:24
Eiserner Handwe	3.60	18:21	5:05	42	3:46	200	5:51	15.70	1:46:50	6:48	38	23:53	192	38:15
Schlüsie	4.10	17:44	4:19	36	3:53	185	5:20	19.80	2:04:34	6:17	38	27:46	192	43:33
Loddenke	3.10	13:49	4:27	27	2:49	120	3:29	22.90	2:18:23	6:02	35	30:35	183	47:02
Ilseburg/Markt	3.30	16:16	4:55	37	4:23	191	7:58	26.20	2:34:39	5:54	36	34:58	186	55:00