



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Sternberg, Ulf**

Club: HGL Wernigerode  
Number: 27

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 2:38:53

Speed: 9.82 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 232 (of 529)

Rank in course/Men: 214 (of 447)

Best time in course: 1:39:39

Rank in category: 43(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	18:08	5:29	26	3:31	146	8:31	3.30	18:08	5:29	26	3:31	146	8:31
Schlüsie	3.10	21:49	7:02	39	5:12	213	7:59	6.40	39:57	6:14	35	8:43	177	13:53
Hermannsklippe	2.60	18:13	7:00	37	3:58	192	6:32	9.00	58:10	6:27	34	12:41	180	20:20
Brocken	3.10	29:11	9:24	31	6:27	170	10:56	12.10	1:27:21	7:13	31	18:59	172	31:16
Eiserner Handwe	3.60	18:27	5:07	47	3:52	210	5:57	15.70	1:45:48	6:44	34	22:51	178	37:13
Schlüsie	4.10	18:21	4:28	46	4:30	213	5:57	19.80	2:04:09	6:16	36	27:21	187	43:08
Loddenke	3.10	16:40	5:22	62	5:40	328	6:20	22.90	2:20:49	6:08	42	33:01	204	49:28
Ilseburg/Markt	3.30	18:04	5:28	57	6:11	302	9:46	26.20	2:38:53	6:03	43	39:12	214	59:14