



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Steinert, Ulf

Club: Leegebruch
Number: 153

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:43:33

Speed: 9.54 km/h
Running performance: 6:14 min/km

Rank in course/Total: 278 (of 529)

Rank in course/Men: 252 (of 447)

Best time in course: 1:39:39

Rank in category: 49(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Loddenke	3.30	19:44	5:58	45	5:17	245	10:07	3.30	19:44	5:58	45	5:17	245	10:07				
Schlüsie	3.10	21:45	7:00	38	5:55	206	7:55	6.40	41:29	6:28	41	11:12	223	15:25				
Hermannsklippe	2.60	18:01	6:55	32	4:31	179	6:20	9.00	59:30	6:36	38	15:43	216	21:40				
Brocken	3.10	31:14	10:04	49	9:58	247	12:59	12.10	1:30:44	7:29	45	25:41	230	34:39				
Eiserner Handwe	3.60	19:01	5:16	46	5:32	245	6:31	15.70	1:49:45	6:59	46	31:13	233	41:10				
Schlüsie	4.10	20:17	4:56	59	7:20	316	7:53	19.80	2:10:02	6:34	47	38:33	238	49:01				
Loddenke	3.10	15:46	5:05	47	4:34	272	5:26	22.90	2:25:48	6:22	47	42:21	241	54:27				
Ilseburg/Markt	3.30	17:45	5:22	52	5:05	282	9:27	26.20	2:43:33	6:14	49	45:51	252	1:03:54				