



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Steimecker, Marko

Club: Niederndodeleben
Number: 211

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 2:43:35

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

Rank in course/Total: 279 (of 529)

Rank in course/Men: 254 (of 447)

Best time in course: 1:39:39

Rank in category: 36(of 50)

Best time in the category: 1:56:54

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	21:59	6:39	42	7:55	366	12:22	3.30	21:59	6:39	42	7:55	366	12:22
Schlüsie	3.10	23:49	7:40	39	7:56	304	9:59	6.40	45:48	7:09	41	15:51	343	19:44
Hermannsklippe	2.60	18:08	6:58	25	4:32	188	6:27	9.00	1:03:56	7:06	35	20:23	293	26:06
Brocken	3.10	30:34	9:51	30	9:37	220	12:19	12.10	1:34:30	7:48	35	30:00	274	38:25
Eiserner Handwe	3.60	18:50	5:13	32	4:59	232	6:20	15.70	1:53:20	7:13	35	34:59	265	44:45
Schlüsie	4.10	18:48	4:35	31	5:32	238	6:24	19.80	2:12:08	6:40	36	40:31	267	51:07
Loddenke	3.10	14:54	4:48	30	3:16	207	4:34	22.90	2:27:02	6:25	36	43:37	255	55:41
Ilseburg/Markt	3.30	16:33	5:00	31	3:37	211	8:15	26.20	2:43:35	6:14	36	46:41	254	1:03:56