



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Steffen, Holger

Club: Rostock
Number: 88

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 2:43:49

Speed: 9.52 km/h
Running performance: 6:15 min/km

Rank in course/Total: 282 (of 529)

Rank in course/Men: 257 (of 447)

Best time in course: 1:39:39

Rank in category: 43(of 59)

Best time in the category: 1:54:51

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	18:32	5:36	31	4:32	165	8:55	3.30	18:32	5:36	31	4:32	165	8:55
Schlüsie	3.10	20:54	6:44	32	4:45	144	7:04	6.40	39:26	6:09	31	9:17	152	13:22
Hermannsklippe	2.60	18:57	7:17	44	5:16	246	7:16	9.00	58:23	6:29	37	14:25	187	20:33
Brocken	3.10	36:04	11:38	54	15:38	376	17:49	12.10	1:34:27	7:48	47	29:16	273	38:22
Eiserner Handwe	3.60	21:48	6:03	52	8:27	359	9:18	15.70	1:56:15	7:24	47	37:43	290	47:40
Schlüsie	4.10	19:28	4:44	46	6:47	275	7:04	19.80	2:15:43	6:51	47	44:30	288	54:42
Loddenke	3.10	13:32	4:21	16	2:45	102	3:12	22.90	2:29:15	6:31	45	45:50	274	57:54
Ilseburg/Markt	3.30	14:34	4:24	13	2:26	76	6:16	26.20	2:43:49	6:15	43	48:58	257	1:04:10