



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

LAMBECK, Steven

Club: Brockenlaufverein  
Number: 370

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:04:53

Speed: 12.49 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 29 (of 500)

Rank in course/Men: 28 (of 423)

Best time in course: 1:35:36

Rank in category: 7(of 85)

Best time in the category: 1:44:53

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	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	15:24	4:40	5	2:31	32	3:25	3.30	15:24	4:40	5	2:31	32	3:25
Schlüsie	3.10	16:28	5:18	5	2:02	25	3:43	6.40	31:52	4:58	6	4:33	30	7:08
Hermannsklippe	2.60	14:25	5:32	4	1:38	21	3:14	9.00	46:17	5:08	6	6:02	27	10:22
Brocken	3.10	24:03	7:45	9	4:15	40	6:39	12.10	1:10:20	5:48	8	10:17	33	17:01
Eiserner Handwe	3.60	15:19	4:15	8	3:27	37	3:39	15.70	1:25:39	5:27	7	13:44	31	20:40
Schlüsie	4.10	14:32	3:32	6	2:36	27	3:31	19.80	1:40:11	5:03	6	16:20	27	24:11
Loddenke	3.10	11:47	3:48	5	1:50	24	2:31	22.90	1:51:58	4:53	7	18:10	30	26:42
Ilseburg/Markt	3.30	12:55	3:54	4	1:50	22	2:35	26.20	2:04:53	4:45	7	20:00	28	29:17