



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

JOST, Steffen

Club: GST Laufgruppe Saaletal  
Number: 261

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:27:27

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 156 (of 500)

Rank in course/Men: 150 (of 423)

Best time in course: 1:35:36

Rank in category: 33(of 85)

Best time in the category: 1:44:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	17:52	5:24	30	4:59	139	5:53	3.30	17:52	5:24	30	4:59	139	5:53
Schlüsie	3.10	19:37	6:19	36	5:11	168	6:52	6.40	37:29	5:51	33	10:10	151	12:45
Hermannsklippe	2.60	17:17	6:38	36	4:30	160	6:06	9.00	54:46	6:05	34	14:31	152	18:51
Brocken	3.10	26:24	8:30	18	6:36	105	9:00	12.10	1:21:10	6:42	25	21:07	128	27:51
Eiserner Handwe	3.60	18:39	5:10	42	6:47	196	6:59	15.70	1:39:49	6:21	29	27:54	145	34:50
Schlüsie	4.10	17:34	4:17	41	5:38	175	6:33	19.80	1:57:23	5:55	33	33:32	151	41:23
Loddenke	3.10	14:25	4:39	50	4:28	210	5:09	22.90	2:11:48	5:45	34	38:00	154	46:32
Ilseburg/Markt	3.30	15:39	4:44	48	4:34	188	5:19	26.20	2:27:27	5:37	33	42:34	152	51:51