



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

STEINMETZ, Gino

Club: Göttingen
Number: 189

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 2:33:04

Speed: 10.19 km/h
Running performance: 5:50 min/km

Rank in course/Total: 202 (of 500)

Rank in course/Men: 192 (of 423)

Best time in course: 1:35:36

Rank in category: 26(of 45)

Best time in the category: 1:55:09

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	20:38	6:15	35	6:43	308	8:39	3.30	20:38	6:15	35	6:43	308	8:39
Schlüsie	3.10	20:07	6:29	26	4:50	195	7:22	6.40	40:45	6:22	31	11:32	250	16:01
Hermannsklippe	2.60	17:33	6:45	27	4:10	177	6:22	9.00	58:18	6:28	31	15:37	224	22:23
Brocken	3.10	29:32	9:31	31	8:36	211	12:08	12.10	1:27:50	7:15	30	24:03	214	34:31
Eiserner Handwe	3.60	18:00	5:00	23	4:20	166	6:20	15.70	1:45:50	6:44	28	28:23	206	40:51
Schlüsie	4.10	17:27	4:15	21	3:55	170	6:26	19.80	2:03:17	6:13	28	32:15	195	47:17
Loddenke	3.10	14:08	4:33	22	3:13	187	4:52	22.90	2:17:25	6:00	27	34:42	195	52:09
Ilseburg/Markt	3.30	15:39	4:44	23	3:45	188	5:19	26.20	2:33:04	5:50	26	37:55	194	57:28