



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 |