



47. Brockenlauf  
Ilseburg / 02.09.2017

Detailed evaluation

LAMPMANN, Samir

Club: Berlin  
Number: 472

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:44:01

Speed: 9.51 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 299 (of 500)

Rank in course/Men: 274 (of 423)

Best time in course: 1:35:36

Rank in category: 35(of 53)

Best time in the category: 1:54:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Loddenke	3.30	21:29	6:30	42	7:31	357	9:30	3.30	21:29	6:30	42	7:31	357	9:30
Schlüsie	3.10	21:48	7:01	37	6:15	301	9:03	6.40	43:17	6:45	42	13:46	336	18:33
Hermannsklippe	2.60	19:15	7:24	35	5:32	273	8:04	9.00	1:02:32	6:56	40	19:18	324	26:37
Brocken	3.10	31:00	10:00	35	10:21	262	13:36	12.10	1:33:32	7:43	38	29:11	299	40:13
Eiserner Handwe	3.60	21:36	6:00	41	8:19	331	9:56	15.70	1:55:08	7:20	40	37:30	307	50:09
Schlüsie	4.10	18:49	4:35	33	6:01	238	7:48	19.80	2:13:57	6:45	37	43:31	296	57:57
Loddenke	3.10	14:24	4:38	28	3:25	207	5:08	22.90	2:28:21	6:28	37	46:56	284	1:03:05
Ilseburg/Markt	3.30	15:40	4:44	28	3:05	191	5:20	26.20	2:44:01	6:15	36	50:01	276	1:08:25