



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 491

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:06:08

Speed: 12.37 km/h
Running performance: 4:49 min/km

Rank in course/Total: 26 (of 506)

Rank in course/Men: 25 (of 416)

Best time in course: 1:44:43

Rank in category: 6(of 66)

Best time in the category: 1:51:00

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	15:44	4:46	6	2:18	34	2:18	3.30	15:44	4:46	6	2:18	34	2:18
Bremer Hütte	2.40	13:22	5:34	6	1:58	27	2:16	5.70	29:06	5:06	7	4:16	33	4:34
Hermannsklippe	3.30	17:54	5:25	5	2:21	22	3:02	9.00	47:00	5:13	6	6:37	26	7:35
Brocken	3.10	23:25	7:33	6	3:03	26	5:04	12.10	1:10:25	5:49	6	9:31	25	12:39
Eiserner Handwe	3.60	15:07	4:11	5	1:53	26	2:35	15.70	1:25:32	5:26	6	11:24	24	15:14
Bremer Hütte	4.10	17:28	4:15	5	1:58	23	2:34	19.80	1:43:00	5:12	6	12:40	24	17:31
Loddenke	3.10	9:35	3:05	9	1:35	40	1:37	22.90	1:52:35	4:54	6	13:24	24	19:08
Ilseburg/Markt	3.30	13:33	4:06	6	1:54	33	2:17	26.20	2:06:08	4:48	6	15:08	25	21:25