



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Ruhstrat, Steven

Club: Friedland  
Number: 507

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 2:11:29

Speed: 11.86 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 40 (of 506)

Rank in course/Men: 38 (of 416)

Best time in course: 1:44:43

Rank in category: 8(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Loddenke	3.30	15:04	4:33	5	1:38	20	1:38	3.30	15:04	4:33	5	1:38	20	1:38
Bremer Hütte	2.40	13:40	5:41	8	2:16	34	2:34	5.70	28:44	5:02	5	3:54	25	4:12
Hermannsklippe	3.30	19:01	5:45	10	3:28	46	4:09	9.00	47:45	5:18	7	7:22	31	8:20
Brocken	3.10	27:18	8:48	17	6:56	120	8:57	12.10	1:15:03	6:12	9	14:09	47	17:17
Eiserner Handwe	3.60	15:31	4:18	6	2:17	36	2:59	15.70	1:30:34	5:46	9	16:26	46	20:16
Bremer Hütte	4.10	17:51	4:21	8	2:21	37	2:57	19.80	1:48:25	5:28	8	18:05	44	22:56
Loddenke	3.10	9:24	3:01	8	1:24	34	1:26	22.90	1:57:49	5:08	8	18:38	43	24:22
Ilseburg/Markt	3.30	13:40	4:08	8	2:01	41	2:24	26.20	2:11:29	5:01	8	20:29	38	26:46