



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Ruhe, Steffen

Club: Goslar  
Number: 317

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 2:28:14

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 138 (of 506)

Rank in course/Men: 127 (of 416)

Best time in course: 1:44:43

Rank in category: 30(of 58)

Best time in the category: 1:54:19

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	18:47	5:41	32	4:42	179	5:21	3.30	18:47	5:41	32	4:42	179	5:21
Bremer Hütte	2.40	15:57	6:38	33	3:26	165	4:51	5.70	34:44	6:05	33	8:05	176	10:12
Hermannsklippe	3.30	21:06	6:23	28	4:28	136	6:14	9.00	55:50	6:12	31	12:12	162	16:25
Brocken	3.10	26:02	8:23	17	5:25	75	7:41	12.10	1:21:52	6:45	26	17:33	118	24:06
Eiserner Handwe	3.60	17:27	4:50	28	4:10	116	4:55	15.70	1:39:19	6:19	26	21:18	120	29:01
Bremer Hütte	4.10	21:54	5:20	35	6:23	186	7:00	19.80	2:01:13	6:07	30	27:41	129	35:44
Loddenke	3.10	11:32	3:43	32	3:12	180	3:34	22.90	2:12:45	5:47	30	30:53	130	39:18
Ilseburg/Markt	3.30	15:29	4:41	31	3:02	140	4:13	26.20	2:28:14	5:39	30	33:55	127	43:31