



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Abe, Steffen

Club: Mainz
Number: 30

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:38:54

Speed: 9.82 km/h
Running performance: 6:04 min/km

Rank in course/Total: 226 (of 506)

Rank in course/Men: 206 (of 416)

Best time in course: 1:44:43

Rank in category: 31(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	19:30	5:54	37	6:04	226	6:04	3.30	19:30	5:54	37	6:04	226	6:04
Bremer Hütte	2.40	17:22	7:14	42	5:58	265	6:16	5.70	36:52	6:28	38	12:02	242	12:20
Hermannsklippe	3.30	23:24	7:05	39	7:51	257	8:32	9.00	1:00:16	6:41	37	19:53	251	20:51
Brocken	3.10	31:43	10:13	42	11:21	269	13:22	12.10	1:31:59	7:36	38	31:05	259	34:13
Eiserner Handwe	3.60	19:05	5:18	33	5:51	191	6:33	15.70	1:51:04	7:04	36	36:56	248	40:46
Bremer Hütte	4.10	21:59	5:21	33	6:29	191	7:05	19.80	2:13:03	6:43	34	42:43	232	47:34
Loddenke	3.10	10:54	3:30	25	2:54	125	2:56	22.90	2:23:57	6:17	32	44:46	220	50:30
Ilseburg/Markt	3.30	14:57	4:31	17	3:18	105	3:41	26.20	2:38:54	6:03	31	47:54	206	54:11