



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode
Number: 29

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 2:39:24

Speed: 9.79 km/h
Running performance: 6:05 min/km

Rank in course/Total: 234 (of 506)

Rank in course/Men: 213 (of 416)

Best time in course: 1:44:43

Rank in category: 28(of 52)

Best time in the category: 2:08:09

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	20:21	6:10	40	3:58	274	6:55	3.30	20:21	6:10	40	3:58	274	6:55
Bremer Hütte	2.40	16:52	7:01	27	2:58	231	5:46	5.70	37:13	6:31	35	6:49	254	12:41
Hermannsklippe	3.30	22:27	6:48	28	3:59	213	7:35	9.00	59:40	6:37	31	10:48	237	20:15
Brocken	3.10	29:09	9:24	24	6:46	180	10:48	12.10	1:28:49	7:20	28	15:53	215	31:03
Eiserner Handwe	3.60	19:17	5:21	27	5:04	197	6:45	15.70	1:48:06	6:53	26	19:37	214	37:48
Bremer Hütte	4.10	22:24	5:27	24	5:07	209	7:30	19.80	2:10:30	6:35	25	24:42	211	45:01
Loddenke	3.10	12:05	3:53	28	3:08	222	4:07	22.90	2:22:35	6:13	27	27:38	207	49:08
Ilseburg/Markt	3.30	16:49	5:05	31	3:51	222	5:33	26.20	2:39:24	6:05	28	31:15	213	54:41