



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Sternberg, Ulf

Club: Harz-Gebirgslauf Wernigerode
Number: 29

Enduro Long Men

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:39:24

Speed: - 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.	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	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	-	2:39:24	-	28	31:15	213	54:41	