



48. Brockenlauf  
Ilseburg / 01.09.2018

Detailed evaluation

Steinmetz, Gino

Club: Göttingen  
Number: 385

Course: 26.20 km  
26,2 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 2:57:24

Speed: 8.86 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 372 (of 506)

Rank in course/Men: 322 (of 416)

Best time in course: 1:44:43

Rank in category: 39(of 45)

Best time in the category: 1:49:19

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	22:31	6:49	44	9:05	365	9:05	3.30	22:31	6:49	44	9:05	365	9:05
Bremer Hütte	2.40	18:51	7:51	42	7:45	334	7:45	5.70	41:22	7:15	43	16:50	349	16:50
Hermannsklippe	3.30	25:06	7:36	39	10:12	328	10:14	9.00	1:06:28	7:23	43	27:02	342	27:03
Brocken	3.10	36:20	11:43	43	17:20	367	17:59	12.10	1:42:48	8:29	43	44:22	358	45:02
Eiserner Handwe	3.60	21:05	5:51	31	8:00	276	8:33	15.70	2:03:53	7:53	43	51:38	346	53:35
Bremer Hütte	4.10	22:50	5:34	32	7:13	236	7:56	19.80	2:26:43	7:24	41	58:43	333	1:01:14
Loddenke	3.10	12:48	4:07	34	4:41	274	4:50	22.90	2:39:31	6:57	40	1:02:50	328	1:06:04
Ilseburg/Markt	3.30	17:53	5:25	35	6:24	283	6:37	26.20	2:57:24	6:46	39	1:08:05	322	1:12:41