



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Lavgesen, Steffen

Club: Kolding Motion
Number: 240

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 3:34:30

Speed: 7.27 km/h
Running performance: 8:11 min/km

Rank in course/Total: 478 (of 506)

Rank in course/Men: 394 (of 416)

Best time in course: 1:44:43

Rank in category: 49(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	23:57	7:15	49	7:34	392	10:31	3.30	23:57	7:15	49	7:34	392	10:31
Bremer Hütte	2.40	22:21	9:18	50	8:27	397	11:15	5.70	46:18	8:07	49	15:54	395	21:46
Hermannsklippe	3.30	29:23	8:54	50	10:55	395	14:31	9.00	1:15:41	8:24	50	26:49	395	36:16
Brocken	3.10	41:54	13:30	50	19:31	404	23:33	12.10	1:57:35	9:43	50	44:39	396	59:49
Eiserner Handwe	3.60	24:33	6:49	49	10:20	374	12:01	15.70	2:22:08	9:03	50	53:39	396	1:11:50
Bremer Hütte	4.10	31:11	7:36	49	13:54	394	16:17	19.80	2:53:19	8:45	50	1:07:31	396	1:27:50
Loddenke	3.10	16:48	5:25	49	7:51	391	8:50	22.90	3:10:07	8:18	49	1:15:10	395	1:36:40
Ilseburg/Markt	3.30	24:23	7:23	50	11:25	400	13:07	26.20	3:34:30	8:11	49	1:26:21	395	1:49:47