



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Constabel, Steve

Club: Springe
Number: 84

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 3:53:03

Speed: 6.69 km/h
Running performance: 8:54 min/km

Rank in course/Total: 494 (of 506)

Rank in course/Men: 407 (of 416)

Best time in course: 1:44:43

Rank in category: 43(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	20:02	6:04	31	6:36	258	6:36	3.30	20:02	6:04	31	6:36	258	6:36
Bremer Hütte	2.40	20:46	8:39	43	9:40	376	9:40	5.70	40:48	7:09	42	16:16	341	16:16
Hermannsklippe	3.30	27:25	8:18	43	12:31	373	12:33	9.00	1:08:13	7:34	44	28:47	363	28:48
Brocken	3.10	51:33	16:37	44	32:33	414	33:12	12.10	1:59:46	9:53	44	1:01:20	403	1:02:00
Eiserner Handwe	3.60	34:14	9:30	44	21:09	412	21:42	15.70	2:34:00	9:48	44	1:21:45	409	1:23:42
Bremer Hütte	4.10	33:09	8:05	44	17:32	403	18:15	19.80	3:07:09	9:27	44	1:39:09	408	1:41:40
Loddenke	3.10	18:56	6:06	44	10:49	403	10:58	22.90	3:26:05	8:59	44	1:49:24	407	1:52:38
Ilseburg/Markt	3.30	26:58	8:10	44	15:29	408	15:42	26.20	3:53:03	8:53	44	2:03:44	408	2:08:20