



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lambeck, Steven

Club: Brockenlaufverein
Number: 294

Course: 26.20 km
26,2 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:01:28

Speed: 12.84 km/h
Running performance: 4:38 min/km

Rank in course/Total: 23 (of 581)

Rank in course/Men: 23 (of 475)

Best time in course: 1:39:32

Rank in category: 4(of 68)

Best time in the category: 1:51:26

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	15:06	4:34	4	1:15	31	2:02	3.30	15:06	4:34	4	1:15	31	2:02
Schlüsie	3.10	16:04	5:10	4	1:11	24	2:26	6.40	31:10	4:52	4	2:22	27	4:27
Hermannsklippe	2.60	13:55	5:21	3	1:12	23	2:31	9.00	45:05	5:00	4	3:34	26	6:58
Brocken	3.10	22:55	7:23	3	1:48	25	4:52	12.10	1:08:00	5:37	4	5:22	26	11:50
Eiserner Handwe	3.60	14:42	4:04	4	1:28	25	2:50	15.70	1:22:42	5:16	4	6:49	25	14:40
Schlüsie	4.10	14:24	3:30	6	1:27	35	2:50	19.80	1:37:06	4:54	4	8:12	25	17:30
Loddenke	3.10	11:41	3:46	6	1:04	27	2:22	22.90	1:48:47	4:45	4	9:16	23	19:52
Ilseburg/Markt	3.30	12:41	3:50	5	0:46	16	2:04	26.20	2:01:28	4:38	4	10:02	23	21:56