



44. Brockenlauf
Ilseburg / 06.09.2014

Detailed evaluation

Steimecker, Marko

Club: Niederndodeleben
Number: 534

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 56:39

Speed: 9.53 km/h
Running performance: 5:54 min/km

Rank in course/Total: 93 (of 175)

Rank in course/Men: 76 (of 119)

Best time in course: 33:35

Rank in category: 8(of 11)

Best time in the category: 39:53

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
Ilsestein	4.10	27:44	6:45	10	7:31	78	11:06	4.10	27:44	6:45	8	7:15	77	
Loddenke	2.20	12:33	5:42	9	4:26	102	5:50	6.30	40:17	6:23	8	11:41	77	0:41
Ilseburg/Markt	3.30	16:22	4:57	8	5:05	73	6:10	9.60	56:39	5:54	8	16:46	77	23:04