



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sikora, Stefan

Club: Team Erdinger Alkoholfrei
Number: 656

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 23:37

Speed: 7.62 km/h
Running performance: 6:04 min/km

Rank in course/Total: 45 (of 53)

Rank in course/Men: 27 (of 27)

Best time in course: 13:58

Rank in category: 2(of 2)

Best time in the category: 23:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Prinzess Ilse Que	1.90	12:09	6:23	1	-	24	4:50	1.90	12:09	6:23	1	-	24	4:50
Ilseburg/Markt	2.00	11:28	5:44	2	0:22	26	4:49	3.90	23:37	6:03	2	0:10	27	9:39