



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Bäwert, Steffen

Club: VfL Brandenburg
Number: 753

Course: 9.60 km
9,6 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 40:29

Speed: 14.23 km/h
Running performance: 4:13 min/km

Rank in course/Total: 13 (of 193)

Rank in course/Men: 13 (of 136)

Best time in course: 33:44

Rank in category: 7(of 18)

Best time in the category: 33:44

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	6.30	28:27	4:30	7	5:27	13	5:27	6.30	28:27	4:30	7	5:27	13	5:27
Ilseburg/Markt	3.30	12:02	3:38	7	1:45	11	1:45	9.60	40:29	4:13	7	6:45	13	6:45