



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lembcke, Steffen

Club: SV Kali Wolmirstedt
Number: 609

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 48:59

Speed: 11.02 km/h
Running performance: 5:06 min/km

Rank in course/Total: 66 (of 193)

Rank in course/Men: 57 (of 136)

Best time in course: 33:44

Rank in category: 6(of 20)

Best time in the category: 40:13

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
Loddenke	6.30	34:26	5:27	6	6:06	56	11:26	6.30	34:26	5:27	6	6:06	56	11:26
Ilseburg/Markt	3.30	14:33	4:24	6	2:40	57	4:16	9.60	48:59	5:06	6	8:46	57	15:15