



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Sippel, Stephan

Club: LAV 07 Bad Harzburg
Number: 598

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 53:44

Speed: 10.05 km/h
Running performance: 5:36 min/km

Rank in course/Total: 97 (of 193)

Rank in course/Men: 80 (of 136)

Best time in course: 33:44

Rank in category: 11(of 20)

Best time in the category: 40:13

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	38:35	6:07	12	10:15	82	15:35	6.30	38:35	6:07	12	10:15	82	15:35
Ilseburg/Markt	3.30	15:09	4:35	7	3:16	66	4:52	9.60	53:44	5:35	11	13:31	80	20:00