



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Finkensiep, Dirk

Club: LT Ümminger See
Number: 634

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:45

Speed: 10.15 km/h
Running performance: 5:55 min/km

Rank in course/Total: 123 (of 193)

Rank in course/Men: 96 (of 136)

Best time in course: 33:44

Rank in category: 4(of 11)

Best time in the category: 48:00

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	40:09	6:22	4	6:23	98	17:09	6.30	40:09	6:22	4	6:23	98	17:09
Ilseburg/Markt	3.30	16:36	5:01	3	2:22	88	6:19	9.60	56:45	5:54	4	8:45	96	23:01