



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: 9.52 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 |