



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Ließmann, Gerald

Club: Ilseburg
Number: 637

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 57:48

Speed: 9.97 km/h
Running performance: 6:01 min/km

Rank in course/Total: 133 (of 193)

Rank in course/Men: 103 (of 136)

Best time in course: 33:44

Rank in category: 5(of 11)

Best time in the category: 48:00

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 | 40:21 | 6:24 | 5 | 6:35 | 101 | 17:21 | 6.30 | 40:21 | 6:24 | 5 | 6:35 | 101 | 17:21 |
| Ilseburg/Markt | 3.30 | 17:27 | 5:17 | 5 | 3:13 | 109 | 7:10 | 9.60 | 57:48 | 6:01 | 5 | 9:48 | 103 | 24:04 |