



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: 9.34 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