



47. Brockenlauf
Ilseburg / 02.09.2017

Detailed evaluation

LEMBCKE, Steffen

Club: SV Kali Wolmirstedt
Number: 715

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 48:57

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 51 (of 181)

Rank in course/Men: 45 (of 120)

Best time in course: 33:03

Rank in category: 5(of 18)

Best time in the category: 42:47

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
Ilsestein	4.10	24:40	6:00	5	3:28	46	8:22	4.10	24:40	6:00	5	3:28	46	8:22
Loddenke	2.20	9:52	4:29	5	1:24	48	3:20	6.30	34:32	5:28	5	4:52	47	11:42
Ilseburg/Markt	3.30	14:25	4:22	5	1:37	45	4:21	9.60	48:57	5:05	5	6:10	45	15:54