



48. Brockenlauf
Ilseburg / 01.09.2018

Detailed evaluation

Steinecke, Andreas

Club: NIX tun kann JEDER
Number: 783

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:57

Speed: 10.20 km/h
Running performance: 5:31 min/km

Rank in course/Total: 77 (of 230)

Rank in course/Men: 64 (of 136)

Best time in course: 34:12

Rank in category: 5(of 8)

Best time in the category: 42:16

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	26:40	6:30	4	5:46	63	9:36	4.10	26:40	6:30	4	5:46	63	9:36
Loddenke	2.20	11:02	5:00	6	2:45	72	4:14	6.30	37:42	5:59	6	8:31	65	13:50
Ilseburg/Markt	3.30	15:15	4:37	4	2:10	60	4:55	9.60	52:57	5:30	5	10:41	65	18:45