



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Oheim, Steffen

Club: Halle  
Number: 753

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 41:55

Speed: 12.88 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 12 (of 210)

Rank in course/Men: 12 (of 132)

Best time in course: 33:33

Rank in category: 2(of 19)

Best time in the category: 38:15

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
Ilsestein	4.10	20:45	5:03	2	1:29	12	4:25	4.10	20:45	5:03	2	1:29	12	4:25
Loddenke	2.20	8:28	3:50	4	0:53	15	1:43	6.30	29:13	4:38	2	2:22	11	6:06
Ilseburg/Markt	3.30	12:42	3:50	3	1:18	13	2:16	9.60	41:55	4:21	2	3:40	12	8:22