



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Reichelt, Steffen

Club: Rahden
Number: 761

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 52:00

Speed: 10.38 km/h
Running performance: 5:25 min/km

Rank in course/Total: 74 (of 210)

Rank in course/Men: 61 (of 132)

Best time in course: 33:33

Rank in category: 8(of 15)

Best time in the category: 41:27

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	26:23	6:26	8	5:45	61	10:03	4.10	26:23	6:26	8	5:45	61	10:03
Loddenke	2.20	10:43	4:52	9	2:22	73	3:58	6.30	37:06	5:53	8	8:07	63	13:59
Ilseburg/Markt	3.30	14:54	4:30	7	2:26	51	4:28	9.60	52:00	5:25	8	10:33	61	18:27