



49. Brockenlauf  
Ilseburg / 07.09.2019

Detailed evaluation

Steinecke, Andreas

Club: NIX tun kann JEDER  
Number: 791

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 52:58

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

Rank in course/Total: 80 (of 210)

Rank in course/Men: 64 (of 132)

Best time in course: 33:33

Rank in category: 9(of 16)

Best time in the category: 40:13

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	26:28	6:27	8	6:25	63	10:08	4.10	26:28	6:27	8	6:25	63	10:08
Loddenke	2.20	10:54	4:57	12	2:55	76	4:09	6.30	37:22	5:55	9	9:20	65	14:15
Ilseburg/Markt	3.30	15:36	4:43	9	3:25	68	5:10	9.60	52:58	5:31	9	12:45	64	19:25