



49. Brockenlauf
Ilseburg / 07.09.2019

Detailed evaluation

Lembcke, Steffen

Club: SV Kali Wolmirstedt e. V:
Number: 730

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:02:54

Speed: 8.59 km/h
Running performance: 6:33 min/km

Rank in course/Total: 163 (of 210)

Rank in course/Men: 111 (of 132)

Best time in course: 33:33

Rank in category: 13(of 15)

Best time in the category: 41:27

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Ilsestein	4.10	36:18	8:51	14	15:40	126	19:58	4.10	36:18	8:51	14	15:40	126	19:58
Loddenke	2.20	10:24	4:43	8	2:03	65	3:39	6.30	46:42	7:24	13	17:43	119	23:35
Ilseburg/Markt	3.30	16:12	4:54	10	3:44	80	5:46	9.60	1:02:54	6:33	13	21:27	111	29:21