



50. Brockenlauf
Ilseburg / 04.09.2021

Detailed evaluation

Lembcke, Steffen

Club: SV Kali Wolmirstedt e.V.
Number: 724

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 53:06

Speed: 10.17 km/h
Running performance: 5:32 min/km

Rank in course/Total: 59 (of 148)

Rank in course/Men: 48 (of 94)

Best time in course: 35:15

Rank in category: 2(of 5)

Best time in the category: 51:21

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	27:08	6:37	3	1:25	53	9:38	4.10	27:08	6:37	6	1:25	95	9:38
Loddenke	2.20	10:08	4:36	1	-	33	3:09	6.30	37:16	5:54	6	1:00	94	12:47
Ilseburg/Markt	3.30	15:50	4:47	4	0:45	47	5:04	9.60	53:06	5:31	2	1:45	48	17:51