



52. Brockenlauf
Ilseburg / 02.09.2023

Detailed evaluation

Lembcke, Steffen

Club: SV Kali Wolmirstedt e.V.
Number: 669

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 56:19

Speed: 9.59 km/h
Running performance: 5:52 min/km

Rank in course/Total: 98 (of 169)

Rank in course/Men: 69 (of 101)

Best time in course: 34:38

Rank in category: 7(of 8)

Best time in the category: 41:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.		Cat.	Men					Men
Ilsestein	4.10	28:48	7:01	7	8:53	71	11:48	4.10	28:48	7:01	7	8:53	72	28:48
Loddenke	2.20	10:44	4:52	6	2:36	59	3:57	6.30	39:32	6:16	7	11:29	69	15:45
Ilseburg/Markt	3.30	16:47	5:05	7	3:47	69	6:08	9.60	56:19	5:51	7	15:16	69	21:41