



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Rosenthal, Rolf

Club: LAV 07 Bad Harzburg
Number: 710

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 22:05

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 39 (of 53)

Rank in course/Men: 23 (of 27)

Best time in course: 13:58

Rank in category: 1(of 1)

Best time in the category: 22:05

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Prinzess Ilse Que	1.90	12:21	6:30	1	-	25	5:02	1.90	12:21	6:30	1	-	25	5:02
Ilseburg/Markt	2.00	9:44	4:51	1	-	19	3:05	3.90	22:05	5:39	1	-	23	8:07