



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Krüger, Kai-Uwe

Club: LAV 07 Bad Harzburg
Number: 711

Course: 3.90 km
3,9 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 23:27

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 44 (of 53)

Rank in course/Men: 26 (of 27)

Best time in course: 13:58

Rank in category: 1(of 2)

Best time in the category: 23:27

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	2	0:12	25	5:02	1.90	12:21	6:30	2	0:12	25	5:02
Ilseburg/Markt	2.00	11:06	5:32	1	-	24	4:27	3.90	23:27	6:00	1	-	26	9:29