



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

König, Dirk

Club: Dets RaceTeam
Number: 770

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 38:58

Speed: 13.86 km/h
Running performance: 4:04 min/km

Rank in course/Total: 10 (of 193)

Rank in course/Men: 10 (of 136)

Best time in course: 33:44

Rank in category: 1(of 9)

Best time in the category: 38:58

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
Loddenke	6.30	27:22	4:20	1	-	9	4:22	6.30	27:22	4:20	1	-	9	4:22
Ilseburg/Markt	3.30	11:36	3:30	1	-	8	1:19	9.60	38:58	4:03	1	-	10	5:14