



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

Förste, David

Club: Bad Bikers MTB-Sport e.V.  
Number: 805

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:20

Speed: 12.76 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 17 (of 193)

Rank in course/Men: 16 (of 136)

Best time in course: 33:44

Rank in category: 3(of 19)

Best time in the category: 34:31

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	29:20	4:39	3	5:06	15	6:20	6.30	29:20	4:39	3	5:06	15	6:20
Ilseburg/Markt	3.30	13:00	3:56	3	2:43	20	2:43	9.60	42:20	4:24	3	7:49	16	8:36