



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Gropp, Christian

Club: Touren Harz
Number: 829

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:43

Speed: 12.35 km/h
Running performance: 4:33 min/km

Rank in course/Total: 28 (of 193)

Rank in course/Men: 24 (of 136)

Best time in course: 33:44

Rank in category: 5(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	30:02	4:46	4	5:48	21	7:02	6.30	30:02	4:46	4	5:48	21	7:02
Ilseburg/Markt	3.30	13:41	4:08	6	3:24	39	3:24	9.60	43:43	4:33	5	9:12	24	9:59