



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Lampert, Christoph

Club: Die Neoprenallergiker
Number: 814

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:50

Speed: 12.32 km/h
Running performance: 4:34 min/km

Rank in course/Total: 29 (of 193)

Rank in course/Men: 25 (of 136)

Best time in course: 33:44

Rank in category: 2(of 13)

Best time in the category: 40:21

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	30:15	4:48	2	1:57	24	7:15	6.30	30:15	4:48	2	1:57	24	7:15
Ilseburg/Markt	3.30	13:35	4:06	4	1:32	37	3:18	9.60	43:50	4:33	2	3:29	25	10:06