



46. Brockenlauf  
Ilseburg / 03.09.2016

Detailed evaluation

**Mota, Thomas**

Club: Quedlinburg  
Number: 839

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 43:54

Speed: 12.30 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 31 (of 193)

Rank in course/Men: 27 (of 136)

Best time in course: 33:44

Rank in category: 3(of 20)

Best time in the category: 40:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men						Pos Men	Behind Men
Loddenke	6.30	31:05	4:56	3	2:45	30	8:05	6.30	31:05	4:56	3	2:45	30	8:05
Ilseburg/Markt	3.30	12:49	3:53	2	0:56	14	2:32	9.60	43:54	4:34	3	3:41	27	10:10