



46. Brockenlauf  
Ilsenburg / 03.09.2016

Detailed evaluation

Helmstedt, Sascha

Club: Touren Harz  
Number: 828

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 44:08

Speed: 13.05 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 33 (of 193)

Rank in course/Men: 29 (of 136)

Best time in course: 33:44

Rank in category: 6(of 19)

Best time in the category: 34:31

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Loddenke        | 6.30        | 30:09         | 4:47            | 6           | 5:55           | 23          | 7:09          | 6.30          | 30:09         | 4:47            | 6           | 5:55           | 23         | 7:09          |
| Ilsenburg/Markt | 3.30        | 13:59         | 4:14            | 8           | 3:42           | 47          | 3:42          | 9.60          | 44:08         | 4:35            | 6           | 9:37           | 29         | 10:24         |