



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: 12.24 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 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	30:09	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