



46. Brockenlauf  
Ilseburg / 03.09.2016

### Detailed evaluation

**Elsner, Ralf**

Club: Veltheim  
Number: 837

Course: 9.60 km  
9,6 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 44:03

Speed: 13.08 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 32 (of 193)

Rank in course/Men: 28 (of 136)

Best time in course: 33:44

Rank in category: 3(of 13)

Best time in the category: 40:21

### Intermediate times

### Stage score

### Total ranking

| Control        | Split | Split | Split  | Pos  | Behind | Pos | Behind | Total | Total | Total  | Pos  | Behind | Pos | Behind |
|----------------|-------|-------|--------|------|--------|-----|--------|-------|-------|--------|------|--------|-----|--------|
|                | km    | Time  | min/km | Cat. | Cat.   | Men | Men    | km    | Time  | min/km | Cat. | Cat.   | Men | Men    |
| Loddenke       | 6.30  | 31:11 | 4:56   | 3    | 2:53   | 31  | 8:11   | 6.30  | 31:11 | 4:56   | 3    | 2:53   | 31  | 8:11   |
| Ilseburg/Markt | 3.30  | 12:52 | 3:53   | 2    | 0:49   | 17  | 2:35   | 9.60  | 44:03 | 4:35   | 3    | 3:42   | 28  | 10:19  |