



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: 12.26 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