



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Halle, Ralph

Club: Frose
Number: 713

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:18

Speed: 12.19 km/h
Running performance: 4:37 min/km

Rank in course/Total: 35 (of 193)

Rank in course/Men: 31 (of 136)

Best time in course: 33:44

Rank in category: 3(of 9)

Best time in the category: 38:58

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	31:02	4:55	3	3:40	27	8:02	6.30	31:02	4:55	3	3:40	27	8:02
Ilseburg/Markt	3.30	13:16	4:01	3	1:40	26	2:59	9.60	44:18	4:36	3	5:20	31	10:34