



46. Brockenlauf
Ilseburg / 03.09.2016

Detailed evaluation

Kiusmann, Christian

Club: Wedel
Number: 817

Course: 9.60 km
9,6 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:37

Speed: 12.91 km/h
Running performance: 4:39 min/km

Rank in course/Total: 36 (of 193)

Rank in course/Men: 32 (of 136)

Best time in course: 33:44

Rank in category: 4(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	31:17	4:57	4	3:55	32	8:17	6.30	31:17	4:57	4	3:55	32	8:17
Ilseburg/Markt	3.30	13:20	4:02	4	1:44	29	3:03	9.60	44:37	4:38	4	5:39	32	10:53